

## Announcement

**5/4/20-5/8/20**

Another great week of classes in the books but this week I have a very important class planned for you. If for whatever reason you don't show up to class please have your parent email me with what happened. Over the past few weeks, I've created all of the workouts and activities for you. This week you're going to learn a skill that you will use for the rest of your life. **At the bottom of the last page is a blank copy of your activity log in case you need another one.** You're going to learn the basics of creating your own workout. We will be having a Zoom meeting on the first class of your weekly class. Can't wait to see you guys. Have fun, stay safe, and see you soon.

## Activity 1

### Workout – Create Your Own Workout

#### Workout guide

Before all workouts do a warmup stretch

1. When creating your own workout, you want to alternate muscle groups to reduce overfatigue and/or injury.
  - a. Upper body
  - b. Lower body
  - c. Core
  - d. Full body/ Cardio
2. Also add in a cardio movement to increase heart rate and improve overall workout outcome
3. Pick 1 of each muscle group/ box and then complete 3 rounds of your entire workout
4. Do the workout that you've created and we'll discuss the outcome of the workout the following week.

After all workouts do a cooldown stretch

### Create Your Own Workout

#### 3 Round – 2 Days This Week

<u>Upper Body Movements</u>	<u>Lower Body Movements</u>	<u>Core Movements</u>	<u>Full Body Movements</u>
<ol style="list-style-type: none"><li>1. Pushup (5-10)</li><li>2. Curls (8)</li><li>3. Shoulder Press (8)</li></ol>	<ol style="list-style-type: none"><li>1. Air Squat (15)</li><li>2. Lunges (10 Each Leg)</li><li>3. Lunge Jump (10)</li></ol>	<ol style="list-style-type: none"><li>1. Plank (30 Sec)</li><li>2. Sit ups (20)</li><li>3. Leg Raises (20)</li></ol>	<ol style="list-style-type: none"><li>1. Mountain Climbers (10 Each Leg)</li><li>2. Burpees (10)</li><li>3. Jumping Jacks (30)</li><li>4. Jump rope (30)</li></ol>

## Physical Education Activity Log

Student's Name \_\_\_\_\_

Grade \_\_\_\_\_

**Directions** – Including your weekly assignments, fill out any physical activity that you do additionally. This could include playing catch with your parent, dribbling a basketball, playing hide and seek with a family member, riding bike, creating your own game, etc. By Sunday, have your parent initial all activity entries and upload to Archie. Your goal should be to have fun and be physically active for at least 100 min during the week.

Date	Activity	Duration	Parent Initial
<u>Example</u> 3/30	Over facetime, I challenged my friend to a Jump Rope contest.	20 Min	
<u>Total Time</u>			