

Due Date: 5/17/20

1. Start off your day with a routine stretch. You may do the stretch that we do in class daily. stretching should last approximately 5 minutes.
2. Complete the “Tabata” from the *At Home Activities* chart I provided. If completing the jump squats causes discomfort or is too difficult, modify the exercise by doing regular squats.
3. **Reflect** on the day and fill out the activity log with the assignment as well as any other activities you did that day (eg. Bike riding, walking, basketball, football, volleyball, or any other sport, etc.)
4. Complete daily activity log throughout the week. Try to complete a minimum of 1 hour 30 minutes of total activities a week. At the end of the week before Sunday night please have your activity log uploaded to Archie.