

Announcement

5/25/20-5/29/20

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. This week, we will discuss the importance of rep count and intensity. **At the bottom of the last page is a blank copy of your activity log in case you need another one.** 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

Reinforce Your Skill & Teach It

"If you can't explain it to a six year old, you don't understand it yourself."

— Albert Einstein

Last week you learned a new skill. This week you will reinforce last week's knowledge and expand as well as try to teach what you already know to a friend or family member.

Before all workouts do a warmup stretch

1. Explain what you have already learned and know to a friend or family member.
 - a. Try to be detailed but pretend you're explaining the information to a first grader.
2. Now is the time to reinforce what you already know and use this week to take the knowledge one step further.

After all workouts do a cooldown stretch

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>			