

OAKLAND CUSD #5

# HIGH SCHOOL PE

APRIL 27-MAY 1, 2020

COACH ANDERSON AND COACH KAPPY

# Week of April 27-May 1 2020

## HS PE

### Coach Kappy

Please pick 3 out of the 5 activities to do for the week. Please email me a picture of your child completing the activities and the dates or email me a description of the activities. You or your child may also write a few sentences about the activity and submit to the homework box located in the Lake Crest foyer.

Please email me at [jenny.kapraun-veach@oakland5.org](mailto:jenny.kapraun-veach@oakland5.org) or call the school and leave a message, and I will give you a call as soon as I can.

Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5
9th-12th Grade	Ride your bike for 20-30 minutes	Play Basketball for 20-30 minutes.	Run a mile and email me your time	30 Squats 45 Second Plank 40 Jumping Jacks 30 Crunches 25 Lunges 20 Knee Pull Ins 30 Butt Kicks Jump Rope for 5 minutes	Another physical activity that you do for at least 20 minutes or more (yard work, taking a walk, etc)