

Week of April 6-10, 2020

High School PE

Mr. Anderson

Please pick 3 out of the 6 activities to do for the week, 3 activities per week. Please take a picture or a short video of your child performing the activity. Along with the video/picture, include the date as well when submitting to my email/phone. Your child may also write a few sentences about the activity if you don't have access or feel comfortable sharing electronically. I'm really excited to see what you are doing. Miss all of you, STAY SAFE.

My email is brian.anderson@oakland5.org, my phone number is 217-218-5420 or submit the written reflection to the homework box located in the Lake Crest foyer. My office hours are 10 am-Noon. Feel free to email/call with any questions. Feel free to email/call anytime outside of those hours as well & I will get back with you as soon as possible.

Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6 (Enrichment)
9 th -12 th PE	Take a Walk (at least 20 minutes)	Bike Ride (at least 20 minutes)	Timed Exercise 75 Jumping Jacks 75 Push-ups (knees if needed) 75 sit-ups *Record how long it takes to finish all 3 exercises	Abdominal Workout = 4 sets of each and move on to the next exercise. 30 seconds on and 30 seconds of rest. 1. Crunches 2. Bicycles 3. BusDrivers 4. Scissors 5. Plank	15 minute Push-up challenge & 5 minute Body Squat challenge. (As many push-ups/body squats as you can get done in the allotted time. Chart your #'s/sets. Rest when needed.	Any other physical activity that you can think of around the house/garage. (BE CREATIVE) (20 min. at least) -yard work, basketball, creative ways to weight lift, run/sprint, etc. *YouTube is a great resource for finding activities w/ limited equipment.

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Early Bird PE – Weight Training

Brian Anderson

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Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6 (Enrichment)
Weight Training	15 minute Push-up challenge & 5 minute Body Squat challenge. (As many push-ups/body squats as you can get done in the allotted time. Rest when needed.) <ul style="list-style-type: none"> • Turn in your #'s 	100 push-ups (knees if needed) 100 body squats 100 burpees <ul style="list-style-type: none"> • Show me your time 	Sprint Work Mini hurdles – Be creative with the objects (8 objects – 2 big steps apart.) *6 sets = Full speed 3x40 yard dash (40 big steps) *3x = Full speed	Sets = 8,8, burn (if you have weights, use them) Weighted Squat Jumps (loaded backpack) Upright Row (loaded backpack) Step ups (Be creative = Milk jugs, buckets, anything else) Close Grip Bench (loaded suitcase/backpack)	Sets = 8,8, burn (if you have weights, use them) Lawnmowers (buckets, milk jugs, etc.) Feet elevated Push-ups Dips (chair, couch,ets) Front/Side Raises (Be creative = logs, buckets, backpacks)	Any other physical activity that you can think of around the house/garage (BE CREATIVE) <ul style="list-style-type: none"> • 20 Min Minimum *YouTube is a great resource for finding activities w/ limited equipment.