

# Week of April 6-10, 2020

## 5<sup>th</sup> and 6<sup>th</sup> Grade 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](mailto: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 10am-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)
5 <sup>th</sup> /6 <sup>th</sup> PE	Take a Walk (at least 20 minutes)	Take a bike ride (at least 20 minutes)	DANCE PARTY!!! (play your favorite music, 5-6 songs, and dance like a goofball for at least 20 minutes)	Time Your Workout 60 Jumping Jacks 60 Push-ups (knee push-ups if needed) 60 sit-ups  *Record how long it takes to complete the workout	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.