

Week of April 13-17, 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, roller skate, skateboard (at least 20 minutes)	Timed Exercise 80 Jumping Jacks 80 Push-ups (knees if needed) 80 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. (Lot of freedom here to 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.