

# Week of April 13-17, 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 [jennykapraun-veach@oakland5.org](mailto:jennykapraun-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	Flip a coin workout Heads Mountain climbers Jumping Jacks Lunges Planks Calf Raises Push Ups Tails Burpees Crunches Squats Jump Squats Plank Push Ups	Run a mile and email me your time	25 squats 35 Jumping Jacks 25 Crunches 20 Lunges 25 Butt Kicks 30 second plank 15 knee pull ins Jump Rope for 5 minutes	Another physical activity that you do for at least 20 minutes or more (yard work, taking a walk, etc)