

OAKLAND CUSD #5

HIGH SCHOOL PE

APRIL 20-24, 2020

COACH ANDERSON AND COACH KAPPY

Week of April 13-17, 2020

Brian 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, 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 and I will get back with you as soon as possible.

Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6 (Enrichment)
Weight Training	15 minute Push-up challenge & 5 minute Lunge challenge. (As many push-ups/Lunges 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 Jump Jacks <ul style="list-style-type: none"> Show me your time 	Sprint Work = 10 reps of Wickets *Find something to run over (mini-hurdles, blocks of wood, book bags, cones, etc) Space them out 5 3 steps each *Sprint thru without hitting the wicket (1 foot in each, 2 feet in each, lateral work)	Chest/Arms workout (3 sets) *Find something to Press (either laying down, like Bench Press or above your head like Military) *Find something to curl *Find something to Lawnmower *Find something to Overhead Tri *BE CREATIVE W/ EQUIPMENT	Leg/Arms workout *Walking Lunges around the house/driveway-yard *Body Squats or Bookbag squats-Suitcase squats (suitcase out in front or above your head) *Find something to curl *Find something to Lanmower *BE CREATIVE W/ EQUIPMENT	Any other physcial activitiy that you can think of. (cinderblocks, metal poles, buckets, milk jugs, jump rope) (Lot of freedom to BE CREATIVE) <ul style="list-style-type: none"> 20 Min Minimum *YouTube is a great resource for finding activities w/ limited equipment.

Week of April 20-24, 2020

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, trampoline (at least 20 minutes)	Timed Exercise 85 Jumping Jacks 85 Push-ups (knees if needed) 85 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/jog, etc. *YouTube is a great resource for finding activities w/ limited equipment.

Week of April 20-24, 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 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	25 squats 35 Jumping Jacks 25 Crunches 20 Lounges 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)