

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.

Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6 (Enrichment)
5 th -6 th PE	Take a Walk (at least 20 minutes)	Take a bike ride (at least 20 minutes)	Run or a walk/jog combination around the block, down the road, around town, etc. (at least 20 minutes)	Abdominal Workout = 4 sets of each and move on to the next exercise. 30 seconds on and 30 seconds of rest. <ol style="list-style-type: none"> 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. minimum) -yard work, basketball, creative ways to weight lift, trampoline, etc. *YouTube is a great resource for finding activities w/ limited equipment.