

Week of May 11-May 15, 2020
Mr. Anderson
LAST WEEK of REMOTE LEARNING

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)	Video/Pic of you doing something a little bit outside of the box but still physical activity (20 min) *Examples I've received so far during this pandemic (kayak, Barbie scooter around town, push-mowing/weed eating, painting, sweeping, dusting, planting flowers, flipping tires, inventing a new game (BIG GREEN BALL))	DANCE PARTY!!!!!!! *Throw on some of your favorite music and Dance Party for at least 20 minutes. Show off your moves.	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. *BEAT COACH ANDERSON'S RECORD (don't judge me, it's been a few weeks) Push-ups = 179 Body squats = 114	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, Farm work, etc. *YouTube is a great resource for finding

						activities w/ limited equipment.