

Week of May 4-May 8, 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)
7 th -8 th PE	Take a Walk (at least 20 minutes)	Take a bike ride, roller skate, skateboard, trampoline (at least 20 minutes)	Video/Pic of you doing something a little outside of the box but still physical activity (20 min) *Examples I've received so far during this pandemic (kayak, Barbie scooter, drudge ditches, painting, power washing, planting flowers, work related activities, scooping manure out of the barn)	Shoot hoops (inside or outside) Throw the football around with a sibling/parent/friend Bump the volleyball with a sibling/parent/friend. If by yourself, bump it off of the roof of your house/garage Frisbee *20 minutes	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) 179 Push-ups 114 Body Squats	Any other physical activity that you can think of. (Lot of freedom here to BE CREATIVE) (20 min. at least) -yard work, basketball, creative ways to weight lift, run/sprint, Farm work, etc. *YouTube is a great resource for finding activities w/ limited equipment.