

7th & 8th PE

Hi Everyone! I hope you guys are all hanging in there ok, staying safe and being smart. And I hope you're being nice to your parents/guardians and not driving them nuts! Ha!

I know you are going to get a decent amount of work from your core subject classes. Therefore, I'm not interested in adding to your stress levels. In fact, I hope by following the directions below, maybe you can decrease some of that stress you may have!

With that said, here is what I hope you all can do for me each week:

1. **Get some exercise!** Get off that couch, put your phone down, step away from your video games and move!
2. **How often?** Try to get 30-60 minutes a day of activity in. Your body will feel better, you will sleep better, you'll be able to focus more on your other classwork and at home work, and hopefully you'll have some fun doing it!
3. **What to do?** Below is a list of ideas. Each week I'll add a new link or two to check out.
 - a. As directed in last week's supplemental packet, you can very easily do some in home core work without any technology to help you through it. Crunches, push-ups, planks, air squats, jumping jacks, go for a jog (keep up your social distancing and be safe out there!).
 - b. Play a game with your family - basketball, soccer, throw the football around or play catch, and I've even heard of some students ordering a backyard badminton set online. Yeah!
 - c. Do some yard work! Mow the lawn, pull some weeds, or something else!
 - d. Check out some of these links for some good at home exercises/workouts:
 - Sworkit Kids App: <https://app.sworkit.com/collections/kids-workouts>
 - Nike Training Club App: <https://www.nike.com/ntc-app>
 - Youtube 20 Minute Tabata Style Workout: <https://www.youtube.com/watch?v=D7oV4wXMUws>

VERY IMPORTANT: PLEASE WRITE DOWN WHAT YOU DO EACH DAY ACTIVITY WISE AND SEND IT TO ME THROUGH OUR GOOGLE CLASSROOM EACH FRIDAY!

- How do you do this? Let's keep it simple.
 - You can either set up an easy google spreadsheet and fill it out as you go (See Mr. Rizzo's workout log on the next page as an example)
 - You can write this out in a short paragraph form
 - Or use a bullet style and list the activities you have done

**Rizzo's
Fitness/Workout Log**

Date:	Activity:	Time/Distance/Reps:
4/1	Walk	2 Miles
4/1	Core Work	50 Squats, 50 Push-Ups, 60 Crunches
4/2	Walk	2 Miles
4/2	Core Work	50 Squats, 50 Push-Ups, 60 Crunches
4/3	Weighted Walk	2 Miles with 25lbs on pack
4/3	Core Work	50 Crunches
4/4	Weighted Walk	2 Miles with 25lbs on pack
4/4	Walk	2 Miles - No Weight
4/4	Core Work	50 Crunches
4/4	Yard Work	Scrub/Clean Deck - 1.5 Hours
4/5	Weighted Walk	2 Miles with 25lbs on pack
4/5	Walk	2 Miles - No Weight
4/5	Core Work	50 Crunches
4/6	Weighted Walk	2 Miles with 25lbs on pack
4/6	Walk	2 Miles - No Weight
4/6	Core Work	50 Crunches
4/7	Weighted Walk	2 Miles with 25lbs on pack
4/7	Walk	2 Miles - No Weight
4/7	Core Work	50 Crunches, 50 Push-Ups
4/7	Yard Work	Mow Lawn - 1.5 Hours
4/8	Weighted Walk	2 Miles with 25lbs on pack
4/8	Core Work	50 Crunches, 50 Push-Ups
4/8	Yard Work	Mow Lawn - 45 Minutes
4/9	Weighted Walk	2 Miles with 30lbs on my back