

## 7th & 8th PE Online Week 4 Activities

Hi Everyone! I hope you're all doing well! I miss seeing you all and being in the gym! This online and at home schooling has been a strange experience. Something I'm definitely not used to!

The following is what I would like you to do this week:

1. Continue to exercise 30-60 minutes per day if possible. Staying active is so important right now!
2. While exercising continue to check your pulse periodically and see if you are exercising within your target heart rate zone (approx. 124-175 beats per minute). If you are having a hard time getting into that zone, you need to increase your intensity. If you are about 175 beats per minute, SLOW DOWN!
3. Continue to log your daily activities writing down what you did, for how long you did each exercise and what your pulse was.
4. **New for this week:** I would like you to complete the following core exercises and write down how many repetitions you did for each exercise. THINK OF THIS AS A FITNESS TEST FOR YOUR CORE STRENGTH!
  - a. **1 MINUTE OF CRUNCHES** = How many reps can you get in 1 minute?
  - b. **1 MINUTE OF PUSH UPS** = How many reps can you get in 1 minute?
  - c. **PLANKS** - How long can you hold a PERFECT plank position (backs/rear ends have to be straight!)
  - d. **You will be asked to complete this test one time per week for the remainder of the school year.** This will help us develop some baseline data and then we can see how much improvement you have in the next month or so!

On the next page there is a list of workouts that you can try out. Please take a look if you are in a bit of a rut with your at home work. There are some fun workouts in there. Maybe you can talk a sibling or your parents into joining you?

- 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>
- Ultimate 20 Minute Full Body Workout  
<https://www.youtube.com/watch?v=WmGjxU3Ggko>
- P.E. With Joe - Daily online 30 minute workout classes.  
<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI>
- **New for the week:** 30 Minute Tabata Session Workout.  
<https://www.youtube.com/watch?v=XIeCMhNWFQQ> This is a different Tabata style workout than the one posted above. If you are looking for a challenging workout, give it a shot!