

7th & 8th PE Online Week 5 Activities

Hi Everyone! I hope you're all settling into this new routine and doing well with it. If not, please reach out to any of your teachers, me included! We are here to help you all through these strange times!

As I have looked through your assignments you have turned in this week, it looks like many of you are being active, which is the most important aspect of this class right now. However, it also looks like many of you are not reporting on some of the changes I have requested (**writing down your heart rate when working out!**). So with last week's assignment centered around testing your core strength, and also keeping track of your heart rate, I will not make any additions to this week. I'll make this very clear below what I hope you can accomplish this week, so please check it out, and have a great week!

Week 5 Plan:

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. **Test your core strength again this week, and continue to work your core throughout the week.** I would like you to do this simple test once per week until the end of the school year. **Record your results and include those results in the log that you turn into me.**
 - 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!)

If you are getting into a workout rut and find yourself doing the same thing over and over, please check out some of the links/or apps below. These will spice up your routine and challenge you physically.

- 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>
- 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!

If you have any questions, please email me using your school email address. I will get back to you!