

7th & 8th PE Online Week 8 Activities

Hi Everyone! This is your FINAL PE assignment of the year. I cannot believe I just typed that, and we spent the last 2 plus months at home. Just crazy....

For your final week I have two main requests. Please try and do the following for me:

1. **Do a final core test and compare your results from the test you completed in week 4 (when we first started this). It should look something like this:**
 - Week 4 test results:
 - i. Crunches - 49
 - ii. Push-Ups - 23
 - iii. Planks - 1:22
 - Week 8 (Final) test results:
 - i. Crunches - 61
 - ii. Push-Ups - 30
 - iii. Planks - 1:55
 - How did I improve?
 - i. Crunches - +12
 - ii. Push-Ups - +7
 - iii. Planks - +33 seconds

2. Write me a short paragraph telling me what your thoughts are about at home PE. I'd like to know what you liked, what you didn't like, and pass along any fun activities you did that you don't mind sharing with me. If you were using a specific app or youtube channel to watch workouts that you participated in, please include the link. I really look forward to hearing from you on this!

Lastly, although this is your final official assignment from me for the school year, **PLEASE CONTINUE TO EXERCISE!** Summer break is upon us, and it's really important for your overall health to stay active. Just please do so in a safe manner!

Have a great summer, and I can't wait until our lives are back to normal!

Mr. Rizzo