

# Home Instruction Packet for Physical Education

Ryan Rooney      Physical Education Classes

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| <p>In this packet are materials and directions.....</p> <p>This work will be collected by the teacher. This work will be graded and counted towards their marking period grade. Students can email their completed activity log sheet directly to me.<br/>         Assessment: Students will be assessed based on comprehension and completion. Students should email their teacher with a weekly update of their completed assessment.<br/> <b>Directions for Paper Assignments:</b> All paper assignments will follow the same directions as below but will be turned in when we return to school.</p> |  |
| <p>I am available to support you during the hours 7:50am-2:50 pm to answer any of your questions. I will be responding to your emails within the hour.</p> <p>You contact me at: <a href="mailto:rooney@rpsd.org">rooney@rpsd.org</a></p>  |  |
| <p>Lesson: Title, Objective, What doing and how assessed.</p>  | <p>Assignment Directions and how collected. Definitive due dates...</p>  |
| <p>Week 1-</p> <p>Objective: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.</p> <p>Workout A:</p> <p>Workout B:</p>  | <p><b>All assignments will be checked on a weekly basis. Students will email their weekly activity logs by the end of the day on Friday each week.</b></p> <p><b>*Each workout will consist of a warmup, workout, and a cool down. If you are unsure of what to do for any of the exercises you can find examples of them on Youtube.com by searching the name of the exercise. Students will also be provided with a daily step count goal.</b></p> <p>Workout A: This workout will focus on upper body. Students will be given 11 exercises. They must complete 3 sets of between 15/20 repetitions of each exercise. When the workout is complete students will record their results/progress in their activity log.</p> <p>Workout B: This workout will focus on lower body. Students will be given 10 exercises. They must complete 3 sets of between 15/20 repetitions of each exercise. When the workout is complete students will record their results/progress in their activity log.</p> |

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PER: \_\_\_\_\_

TEACHER: \_\_\_\_\_

| A DAY  | B DAY   |
|--|---|
| <p><u>Warm up:</u></p> <ul style="list-style-type: none"><li>- 25 Jumping Jacks</li><li>- 5 minutes of Dynamic Stretching</li></ul> <p><u>Work out:</u></p> <ul style="list-style-type: none"><li>- Push Ups</li><li>- Dips</li><li>- Mountain Climbers</li><li>- Burpees</li><li>- Shoulder Taps</li><li>- Lateral Plank Walks</li><li>- Plank Ups</li><li>- Superman</li><li>- Good Mornings</li><li>- 100 Ab Movements</li></ul> <p><u>Cool Down:</u></p> <ul style="list-style-type: none"><li>- 10 Jumping Jacks</li><li>- 5 minutes of Dynamic Stretching</li></ul> <p><u>Aim for 4500 steps</u></p> | <p><u>Warm up:</u></p> <ul style="list-style-type: none"><li>- 25 High Knees</li><li>- 5 minutes of Dynamic Stretching</li></ul> <p><u>Work out:</u></p> <ul style="list-style-type: none"><li>- Squats</li><li>- Lunges</li><li>- Lateral Leg Raises</li><li>- Skater Hops</li><li>- Side Lunges</li><li>- Squat Jumps</li><li>- Fire Hydrant</li><li>- Power Lunges</li><li>- Split Squats</li></ul> <p><u>Cool down:</u></p> <ul style="list-style-type: none"><li>- 10 Jumping Jacks</li><li>- 5 minutes of Dynamic Stretching</li></ul> <p><u>Aim for 5000 steps</u></p> |

- All exercises can be found on youtube.com by searching the specific workout
- Complete your workout on a daily basis and aim to reach **STEPS** for that day
- Complete workouts A Day & B Day on a rotating basis.

#### **GO BEYOND YOUR WORKOUT**

- If you're up for an additional challenge go on youtube.com and search for a body section you want to further work out (i.e. upper body workout, lower body workout, ab workout etc.) and complete that workout.

