**5-6 PE Activities for Week 7 April 23-29: April 24 is midterm!!**

**Write your name on your paper!!!!** The papers get separated out of your folder into teacher piles. They try to catch the names, but it would just be best if you put your name on every single paper.

**Do Not turn in your Cooper’s Run/Walk Test log sheet. Follow the directions!! If you do not follow the directions, you will not get any credit. From now on I will only accept your submitted log sheet if it is a picture and it is texted to me.** This is because I will not be sending out new log sheets and you will need to keep it to record your new times. **If I have to fill out the times on your exercise calendars, you will get zero minutes.**

* **Take a picture of your Coopers Test and text it to Mrs. Nesbit. You must complete it 2-4 times this week.** That means **you must do it a minimum of 2 times.** **Be sure to put the time it took you to complete 1 mile. If you do not understand, call me.**

**Do This**

* **Turn in your April 23-29 Exercise Calendar (include all activity including your warmup and Cooper’s tests. If it is not filled out correctly, I will not count your time.)**
* **Complete your 2 Bicycle and Pedestrian Safety assignments.**

**Turn in the April calendars weekly, please.** Aim for 60 minutes of exercise every day, then write down what you did and your time for how long you did it, for your 60 minutes. You may do many different activities to add up to 60 minutes. The GOAL is 60 minutes. If you don’t make 60, write down what you have. I will be grading these activities based on effort made to make the daily goal and actual achievement. **Attached are the rubrics I will be using to grade the weekly calendars*.*** *Please make sure the calendars are completed correctly.* Activity is activity! Have fun in whatever you choose! The entries can be pretty general, i.e. 10m-tag, 20m-bike, etc.

**You should still be doing your daily warmup routine:** 15 pushups, 15 situps (be sure to rotate through the different types), 15 toe raises, run laps (or equivalent), crab walk and bear walk the approximate distances as the full court gym. I will expect you to be able to do this our first day back! **WRITE IT AND HOW LONG IT TOOK YOU ON YOUR CALENDAR!!**

If you have lost your papers, or accidently turned them back in, you may go to my website at **mrsnesbit.weebly.com** and find everything we have done up to this point in the lower right hand corner of the Home page. Look for the red title “Corona Virus Home School Packets.” I have also included a link for some great virtual workouts for all ages. Look through to find what might interest you.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PE Exercise Calendar Grading Rubric** | | | | | |
|  |  |  |  |  |  |
|  | **4 pts** | **3 pts** | **2 pts** | **1 pts** | **0 pts** |
| **Effort** | 400+ minutes for week | 300-399 minutes for week | 200-299 minutes for week | 100-199 minutes for week | 0-198 minutes for week |
| **Achievement** | 7 days | 5-6 days | 3-4 days | 1-2 days | 0 days |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PE Exercise Calendar Grading Rubric for shorter weeks** | | | | |
|  |  |  |  |  |
|  | **3 pts** | **2 pts** | **1 pt** | **0 pts** |
| **Effort** | 125+ minutes for week | 84-124 minutes for week | 43-83 minutes for week | 0-42 minutes for week |
| **Achievement** | 5+ days | 3-4 days | 1-2 days | 0 days |

If you meet the highlighted criteria, you will have 100%. If you go above that, you will earn extra credit.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **April 2020** | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 |  |  |  |