**5-6 PE Activities for Week 8 April 30-May 6**

**Please write your name on all papers!** 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.

**Parents**:

1. I feel like I didn’t explain the exercise calendar project very well in the beginning. We strive to get your student to accomplish that 60 minute goal every day at school. They get 20-23 minutes of activity in PE, roughly 25 minutes for lunch recess, and 20 minutes for afternoon recess all built into their day. I wanted them to continue getting that level of activity while at home.
2. Any activity that gets their heart rate up, counts toward their exercise calendar. If you are interested, a simple tool I use in class with the older kids is to have them find their pulse and count it for 10 seconds. If they are in the 22-29 beat range, they are performing at 65-85% of their maximum heart rate which is the goal for all exercise. There is a formula for it based on resting heart rate, but it generally is 22-29 beats per 10 seconds (21-28 for you!) If they are below 22, they aren’t working hard enough, and if they are over 29, they are working too hard.
3. Students in grades 2 and up should be able to write their own times down on their calendars. I did not intend for you to have to do it all. Outside play, free play, inside work, etc. can be used for general activity.
4. Several students did not turn in their Make a Prediction work sheets at the end of Week 2. They were on the back of a paper and may have gotten missed. I am including those here, if your student’s was incomplete. Please modify the sheet as necessary. Example: You might not live on a block for instance, so maybe run around the house 5 times, or run to the end of the driveway, etc.
5. Please make sure that you are getting all of your work turned in in order to pass PE this semester. There are several students who have not turned in enough of the assigned work to have a passing grade.
6. 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.

**Students: 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 30-May 6 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 Bicycle and Pedestrian Safety assignment.**

**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!!**

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| --- | --- | --- | --- | --- | --- |
| **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 |

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

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| --- | --- | --- | --- | --- | --- | --- |
| **April-May 2020** | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 30 | 1 | 2 |
| 3 | 4 | 5 | 6 |  |  |  |