**5-6 PE Activities for Week 9 May 7-8**

**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.

1. **Exercise Calendars:** Because of the change in dates for pickup/drop off, and we have settled into a nice routine for the exercise calendars, I felt that the easiest thing for all of you staying at home would be to not change that routine. So I have prepared a weekly calendar like I have been. The only difference is that you would turn it in on the next closest drop off date. My current understanding is that would be on Friday, May 15.
2. **Bicycle and Pedestrian Safety Unit.** These sheets will be due at the next scheduled pickup/drop off, which I understand to be **Monday, May 11**. Keep your informational packets for future reference. We will be doing additional worksheets in the future. This will replace one day of physical activity on the calendar. Write your time down.
3. **I will be recording any lectures from our classes.** Those can be accessed by going to mrsnesbit.weebly.com, Class Podcasts, look for your grade level, look for the date. These will typically not be uploaded until the end of the day.
4. 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.
5. 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 physically 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 May 7-15 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. Due Monday, May 11.**

**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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| --- | --- | --- | --- | --- | --- | --- |
| **May 2020** | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 |  | 15  **Turn in Calendar** |  |