**7-11 PE Activities for Week 10 May 14-20**

**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.

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 22.**
2. Submit your Cooper’s Test on **Thursday, May 20.**
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. If there isn’t a file there, then I didn’t record, but check back once in a while so you don’t miss a lecture. I will set up Zoom meetings for certain things, but not yet. We are learning to juggle when the weather drives us inside. I will let you know if we are doing a Zoom or not.

**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 3-4 times this week. Be sure to put the time it took you to complete 1 mile. If you do not understand, call me. Text this to me on Thursday, May 20.**

**Do This**

* **Turn in your May 14-20 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.) This is due, May 22.**

**You should still be doing your daily warmup routine:** 30 pushups, 30 situps (be sure to rotate through the different types), 30 toe raises, run laps, 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. **The highlighted cells are the minimum expectation.**

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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 |

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| --- | --- | --- | --- | --- | --- | --- |
| **May 2020** | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 |  | 22  **Turn in Calendar**  **Turn in Calendar**  **Turn in Calendar** |  |