**7-11 PE Activities for Week 5 April 9-15:**

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.

**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 is the rubric 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.

As there has been quite a learning curve up to this point for handling turning in work, etc., I have been lenient on late work. Starting with week 4, any work missing the deadline of April 9 at 4:00 p.m. will receive 50% of the points earned the first day it is late, 25% of points earned the second day, and 0% of points earned the third day. This will be the case on every turn in date going forward. If you kind of follow your normal school schedule you guarantee that you work on every subject a little at a time. Even on our normal schedule, we only work on health for 15-20 minutes of the period before going to exercise.

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!

**This Week: You will be expected to complete the Coopers Run/Walk Test 3-5 times this week. That means you must do it a minimum of 3 times. Record the times on your log sheet and text me a picture of your log sheet on the due date, April 9. You also need to complete the Essay for Eustress vs. Distress.**

ANY essay papers should contain a minimum of 200 words.

|  |
| --- |
| **PE Exercise Calendar Grading Rubric** |
|  |  |  |  |  |  |
|  | **4 pts** | **3 pts** | **2 pts** | **1 pts** | **0 pts** |
| **Effort** | 400+ minutes for week | 344-399 minutes for week | 289-343 minutes for week | 237-288 minutes for week | 0-236 minutes for week |
| **Achievement** | 7 days | 5-6 days | 3-4 days | 1-2 days | 0 days |

|  |
| --- |
| **April 2020** |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 |  |  |  |