**7-11 PE Activities for Week 6 April 16-22: April 24 is midterm!!**

**Write your name on your paper!!!!** You will not get credit, if I can not give credit where credit is do! I have many papers with no name.

**Do Not turn in your Cooper’s Run/Walk Test log sheet. Follow the directions!!**

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.

I will give you partial credit on any late work up until the deadline of April 16 at 4:00 p.m. Then I will become an ogre. There are many F grades in my gradebook at this point and midterm grades will probably come out next Wednesday.

**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 4-5 times this week. That means **you must do it a minimum of 4 times.** If the bad weather continues, I may have to modify this assignment. Check in with me to find out. **Record the times on your log sheet and text me a picture of your log sheet on the due date, April 23.** There will be no essay this week.

ANY essay papers should contain a minimum of 200 words and be written at your grade level. Don’t waste my time with drivel.

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| **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 |

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| **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 |

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| **April 2020** |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 |  |  |  |