**Elementary 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.

**I will get new activities for Grades PK-4 next week. I have run out of time this week.**

Everyone: **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. **Below 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. Please keep the workout sheets from week to week so we don’t have to reprint. Please let me know if we need to change it up.

Grades 1-6: On Tuesday and Thursday, follow the directions on the *What is Your Name?* worksheet. But also use it to practice your spelling words or your sight words. Do half of your word list each day.

Grades 1-4: On Monday, Wednesday, and Friday, do the 20 minute Winter workout.

Grades 5-6: You should still be doing your daily warmup routine: 15 pushups, 15 situps (be sure to rotate through the different types), 15 toe raises, crab walk and bear walk the approximate distance of the full court gym. You should be completing your Coopers Run/Walk Test 3-5 days each week working towards at least the FAIR range. **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.**

Grades K and PK: On Tuesday and Thursday, do the Animal Movements worksheet two times each day. On Monday, Wednesday, and Friday, do the Simon Says activity. Feel free to make up your own also.

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