**PE Activities for Week 3:**

Everyone: 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 the activities to find what might interest you at <https://bit.ly/3bowugt>.

Fill out your March calendar for the rest of the month. I made the spaces bigger for you to write in. You will turn them in at the end of the month for a grade, so don’t lose them. Aim for 60 minutes of exercise every day, then write down what you did 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. 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.**

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.

Grades 1-6: 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.

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.

Grades 7-12: You should still be doing your daily warmup routine: 30 pushups, 30 situps (be sure to rotate through the different types), 30 toe raises, crab walk and bear walk the approximate distance of the full court gym.

You will be writing a paper about the Corona Virus. You have to be living under a rock to not know something about what is going on. That being said, I want to know your thoughts right now as we have begun this ride. Are you like some and afraid for what is happening, or are you a conspiracy theorist, who thinks all of this is an over-reaction and a bunch of hype? What changes have you had to make and why? Have you disregarded the recommendations on how to stay safe? How are you relating/surviving personally during this crisis we are currently experiencing? How is your family reacting/preparing? Please make some predictions based on your beliefs and feelings on where we will end up at the end of this crisis? I want you to really think about this, not just regurgitate what others have told you. This is **due Thursday, April 1**. Your calendar will be due at the end of the month of March. Once in April, I will send a weekly calendar. For a grade. Don’t lose it. Turn it in. ☺