P.E. away from school: Middle school

From May 26th to May 29th (last day to turn in work!)

To parents and students: Thank you to all of you that have been getting work into me. Late work will also be accepted, so try and get it in. Students grades and attendance will come from the paperwork the students turn into my email address, [aperez@lonerockschool.org](mailto:aperez@lonerockschool.org). (started four weeks ago)

Remember to write down: 1. Dates (2x’s a week 2. Amount of time

3. Activities that you have done.

1. Exercise at home options: Keep a paper log of what you do and dates. Turn every week to me at [aperez@lonerockschool.org](mailto:aperez@lonerockschool.org).

\*\* Parents please sign off on P.E. activities weekly.

1. Do P.E. exercises at home. Double the reps from 10 to 20 each.
2. Spend 45 minutes 2 x’s a week with some type of workout or combination of activities.
3. Work out options can be: Power walking, jogging, frisbee throwing, soccer practice,basketball shooting, riding a bike, tennis, jumping rope, or combinations of any of these.Also other activities could be riding a horse, any type of exercise machine, horse shoes or another exercise activity that you like.

B. Watch a sporting event, (probably a re-run) List 6 rules or terms that

you either knew or learned about. Also try doing different sports

that we play in class. If you have done one, do a different sport.

C. Other activities: Youtube exercise beginner videos.

1. Exercise for beginners 1. Bowflex - 6 minute workout

2. 10 minute exercise video 2. 5 minute flat belly workout

3. Home 15 minute cardio 3. Billy bank - Tae Bo body shape

1. 15 minute beginner 4. 10 min. low impact cardio
2. Exercise for kids 5. Full body workout video

Thank you, be safe, have fun and get plenty of exercise!

Mr. Perez