

ELearning PE Wednesday 4/1/20

First: Begin your Warmup Calendar by completing 5 of the 10 exercises. Circle, highlight, or mark the exercises you complete. Be sure to be completing your workout calendar each day because that will be submitted at the end of the week.

Next: For class today, you will choose one exercise from the list:

https://www.youtube.com/watch?v=4wzoy_J3l_c

Write about a sports moment that you either witnessed or experienced in another way. Please describe it in 3 or more sentences. You can type this or take a picture and email it to me: tgrover@ah19.org

At Home 30 Minute Exercise/Activity [Please have parent sign off on this activity]

After: Please write in the activity completed on your warmup calendar—

Exercise Completed : _____[Insert Here]_____