



Social Distancing Physical Education

While everyone is spending most of their time at home it is important to stay physically active. Working out contributes to good health, which in turn helps us maintain sturdy immune systems. Exercise is also well known for its mood-boosting abilities, and many of us could use a lift right now.

Taking walks, running, hiking, biking, are all great if the weather is nice and you can do it safely. Remember if the place you plan to go...the park, the playground, the trail – is crowded, don't go. Watch out for passing runners—and that runners keep their distance around pedestrians—huffing and puffing could spread droplets like coughing does.

You can also work out at home in your own living room. Body weight exercises, YouTube videos, Fitness apps on your phone are all easily accessible.

We are asking that students be physically active a minimum of three days per week. There are several options that are recommended on the next page...do what works best for you.

Parents/Guardians we are asking that you help by keeping students safe and ensuring honesty in regard to their fitness activities.

****UPDATED INSTRUCTIONS FOR THE 40 WEEK MARKING PERIOD READ CAREFULLY:**

- In order to keep track of my 300+ students I will be using the Office 365 *Teams* app →. You can download the app to your smart phone or visit the Office 365 website (Office.com).
- Use your computer login that you would use on a school computer to access the software. The District has already assigned you to your classes and you will be on my Roster.
 - If you are having trouble logging in try:
 - Username: (First Initial, Middle Initial, Last Name @NFSchools.net) ...Sometimes you do not need your middle initial so try both.
 - Password: Your Student ID Number
- Once you are in the application go to my class. There will be one assignment per week...Three short answer questions...simply describe your three workouts you did for the week and provide the requested information. This will allow me to see everyone who has completed their log and organize work by class period. PLEASE keep trying to connect to Microsoft Teams if you have not already this will help to ensure your grade is accurate.



If you still cannot log in...be patient...the District is working on resetting passwords and improving access... In the meantime, grab a notebook and keep track of your three weekly workouts. Make sure you include:

- ***When... the date***
- ***What... workout you did***
- ***Where... you completed the workout***
- ***How...you felt about the workout***
- ***Keep track of your fitness log...and email it to me every Saturday starting April 18th. Do not send more than one per week.***

Wash your hands, practice safe social distancing, and we will see you soon!

Option 1: Super Hero Body Weight Exercises

All of these workouts can be done right at home. Students must complete two sets (two times through the workout 😊).

CATWOMAN



- 1  10 push-ups
- 2  20 punches
- 3  10 donkey kicks
- 4  10 clamshells
- 5  10 side planks w/rotations
- 6  10 bridges
- 7  10 toe taps
- 8  10 sit-ups
- 9  10 sitting twists

IRONMAN

- 1  30 jumping jacks
- 2  20 squats
- 3  10 cross punch sit-ups
- 4  10 planks w/rotations
- 5  10 elbow plank arm lifts
- 6  6 push-ups
- 7  12 wall mountain climbers
- 8  12 doorframe rows

WOLVERINE

- 1  24 high knees
- 2  24 squats
- 3  24 climbers
- 4  10 raised-leg push-ups
- 5  10 shoulder touches
- 6  10 plank jump-ins
- 7  12 reverse crunches
- 8  12 sitting twists
- 9  24 flutter kicks

rest between sets up to 2 minutes

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- 1  40 knee-to-elbow
- 2  20 squats
- 3  20 climbers
- 4  10 planks w/rotations
- 5  20sec elbow plank
- 6  20 deep lunges
- 7  10 push-ups
- 8  10 sit-ups
- 9  20 sitting cross punches

Option 2: 30-minute walk

Option 3: 10-minute jog

Option 4: Yoga video from YouTube (include title in log)

Option 5: Fitness app workout from phone (include name of app and workout in log)