

## **Mr. Gadacz's Physical Education "Out of School" Work**

This assignment is for all of Mr. Gadacz's PE classes/students. First off, I hope this letter finds all of my students (and your families) safe and healthy during this difficult time. I have constructed this assignment in keeping with the NFCSD directive to keep our students actively engaged while school is not in session.

What I am asking is this.....I want all of my students to keep a "**Fitness Journal**" of their physical activity from April 13th, 2020 thru the day we return to GPS. It is a documented fact that a person who maintains a better level of physical fitness will have a stronger immune system, will have a better ability to fight off any infections/viruses and will have a better ability to recover in the event of illness.

### **Some suggested at-home activities include:**

**Cardio** – walking, jogging, biking, skateboarding, skating, line jumps, jumping over objects (two feet forwards and backwards), stair stepping aerobics if you have stairs inside or outside, treadmill/elliptical/stationary bike (if a household has).....all while maintain acceptable "social distancing"

**Upper Body Strengthening** – pushups, bicep curls/shoulder press/shoulder lifts with homemade resistance (a bookbag full of books, canned goods....)

**Lower Body Strengthening** – squats, lunges, burpees, ....(all with or without homemade resistance, as described above)

**Core/Abdominal Strengthening** – curlups, crunches, situps, leg lifts, trunk twists.....

**Flexibility** – all of our daily stretches done in a longer version....30-60 seconds per stretch

\*\*\* There are also numerous online workout plans that can be found on sites such as Youtube. Planet Fitness is actually providing daily workouts, FREE OF CHARGE, to anyone (membership not required) on their Facebook page. I will also be posting various ones on my teacher webpage.

Please use the Chart that is on the back of this instruction sheet. Activity level should be 20 minutes **minimum** on your assigned PE day in order to earn that day's credit. If you workout on the opposite day, you will earn extra credit. Try to encourage family members to participate with you, because as I said, the physical/health benefits are proven.

Good luck, stay safe...stay INSIDE and I can't wait to see you back in class as soon as possible. If you have ANY questions, I can be reached by email at [bgadacz@nfschools.net](mailto:bgadacz@nfschools.net). Mr. Gadacz

## Mr. Gadacz's Fitness Journal Chart

**Student Name:** \_\_\_\_\_

**Class Period/Day:** \_\_\_\_\_

**Activity** – what did you do?    **Duration** – How long did you do the Activity?

**C**- Cardio    **U** – Upper body    **L** – Lower Body    **Co** - Core    **S** - Stretching

<i>Date</i>	<i>PE Day</i>	<i>Activity</i>	<i>Duration</i>
** Example		Walking (C), Pushups (U), Skateboarding (C)	20, 5, 30 = 55 min
Mon 4/13	A Day		
Tues 4/14	B Day		
Wed 4/15	A Day		
Thurs 4/16	B Day		
Fri 4/17	A Day		
Mon 4/20	B Day		
Tues 4/21	A Day		
Wed 4/22	B Day		
Thurs 4/23	A Day		
Fri 4/24	B Day		
Mon 4/27	A Day		
Tues 4/28	B Day		
Wed 4/29	A Day		
Thurs 4/30	B Day		
Fri 5/1	A Day		
Mon	B Day		
Tues	A Day		
Wed	B Day		
Thurs	A Day		
Fri	B Day	XXXXXXXXXXXXXXXXXXXXXX	XXXXX

--	--	--	--

**Mr. Gadacz's Fitness Journal Chart**

**Student Name:** \_\_\_\_\_

**Class Period/Day:** \_\_\_\_\_

**Activity** – what did you do?    **Duration** – How long did you do the Activity?

**C**- Cardio    **U** – Upper body    **L** – Lower Body    **Co** - Core    **S** - Stretching

<i>Date</i>	<i>PE Day</i>	<i>Activity</i>	<i>Duration</i>
** Example		Walking (C), Pushups (U), Skateboarding (C)	20, 5, 30 = 55 min
Mon 5/4	A Day		
Tues 5/5	B Day		
Wed 5/6	A Day		
Thurs 5/7	B Day		
Fri 5/8	A Day		
Mon 5/11	B Day		
Tues 5/12	A Day		
Wed 5/13	B Day		
Thurs 5/14	A Day		
Fri 5/15	B Day		
Mon 5/18	A Day		
Tues 5/19	B Day		
Wed 5/20	A Day		
Thurs 5/21	B Day		
Fri 5/22	A Day		
Mon 5/25	B Day		
Tues 5/26	A Day		
Wed 5/27	B Day		
Thurs 5/28	A Day		
Fri 5/29	B Day		

**Mr. Gadacz's Fitness Journal Chart**

