



# HS Physical Education Learning Resource Plan



Week of April 20-24, 2020

## Boys Advanced Physical Education

Week 3 at home Workout!! Weight variations added. Flexibility and conditioning are great ways to get better during our time apart.

[https://docs.google.com/spreadsheets/d/15fZneM6J50x-yNd20B92m\\_wmvguvZXdKcKzPtBFcUxM/edit?usp=sharing](https://docs.google.com/spreadsheets/d/15fZneM6J50x-yNd20B92m_wmvguvZXdKcKzPtBFcUxM/edit?usp=sharing)

## Girls Advanced Physical Education

Here is Week 3 bodyweight workout

[https://docs.google.com/document/d/1rdtkjnuhnpypIpGvz-glUD-Hv3V5GVhj3\\_vZ-UFeJTko/edit?usp=sharing](https://docs.google.com/document/d/1rdtkjnuhnpypIpGvz-glUD-Hv3V5GVhj3_vZ-UFeJTko/edit?usp=sharing)

## Health

Week 2: Learn about the risks of Vaping  
<https://docs.google.com/document/d/11qMRx6VUxIKrbQ1gBeR7CHDIfNLGnVVX2q478hwhHtoU/edit>

<https://www.scholastic.com/youthvapingrisks/interactive/>

Here are five short videos about vaping and the harm that comes with it.

<https://www.scholastic.com/teenvapingrisks/>

## Boys/Girls PE & Lifetime Sports

### The 7 Best at Home Workouts (No-Equipment Required)

<https://www.coachup.com/nation/articles/the-10-best-stretches-for-total-body-flexibility>

PE Bingo: Do each activity to get a bingo up and down or diagonal. Let your aces teacher know when you complete the Bingo. Send me an email to show me your bingo

[https://dochub.com/eflehmer/pk9Xe5D/img-8208-jpg?dt=myhea2Urss1J5xRrN\\_TW](https://dochub.com/eflehmer/pk9Xe5D/img-8208-jpg?dt=myhea2Urss1J5xRrN_TW)

## Just For Fun

Here is a fun activity to do with a family member:

<https://docs.google.com/spreadsheets/d/1NlfhQmzcV3epz9M5lnTsfLqjwF5r5cmfu7alfpl6lvi/edit?usp=sharing>

## Stress Relief

<https://docs.google.com/document/d/1Dq4j6kojJGe8wCZEiEGrgmqezx-dzB7Q1o4E7b5wviw/edit?usp=sharing>

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Flexible Learning	Printable Learning Packet Link (One Page)
<p>Ways to VWork with a 5 gal. Bucket <a href="https://www.youtube.com/watch?v=sCMjyTquVVw">https://www.youtube.com/watch?v=sCMjyTquVVw</a></p>	<p>Printable VWorkout Boys Adv PE <a href="https://docs.google.com/spreadsheets/d/15fZneM6J50x-yNd20B92m_wmvguvZXdkcKzPtBFcUxM/edit?usp=sharing">https://docs.google.com/spreadsheets/d/15fZneM6J50x-yNd20B92m_wmvguvZXdkcKzPtBFcUxM/edit?usp=sharing</a></p> <p>Printable for Girls Adv Pe <a href="https://docs.google.com/document/d/1Y87MOd_BbzGjG1rzYM52nrwH813IwVkaDV_CJn4vzBY/edit?usp=sharing">https://docs.google.com/document/d/1Y87MOd_BbzGjG1rzYM52nrwH813IwVkaDV_CJn4vzBY/edit?usp=sharing</a></p> <p>Printable for PE <a href="https://dochub.com/eflehmer/pk9Xe5D/img-8208-jpg?dt=myhea2Urss1JSxRrN_TW">https://dochub.com/eflehmer/pk9Xe5D/img-8208-jpg?dt=myhea2Urss1JSxRrN_TW</a></p> <p>Printable for health <a href="https://docs.google.com/document/d/11qMRx6VUxIKrbQ1gBeR7CHDIfNLGnVvX2q478hwhHtoU/edit">https://docs.google.com/document/d/11qMRx6VUxIKrbQ1gBeR7CHDIfNLGnVvX2q478hwhHtoU/edit</a></p>