



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

Girls Advanced Physical Education

Here is Week 3 bodyweight workout
https://docs.google.com/document/d/1rdtkjnuhnpypIpGvz-glUD-Hv3V5GVhj3_vZ-UeJTko/edit?usp=sharing

Health

Week 4: The Impacts of Alcohol use
<http://www.camry.org/resources/fact-sheets/the-toll-of-underage-drinking/>

<https://www.youtube.com/watch?v=V2Aj-iJ6p38>

https://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_factsheet.html

https://docs.google.com/document/d/1Pvm66RVbKRqCl4nZ6t2VWMgpVVO-JfQMOeJyjDj_EDIPI/edit?usp=sharing

Boys/Girls PE & Lifetime Sports

Just For Fun

Stress Relief

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_TV

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

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

<https://docs.google.com/document/d/1DqHj6kojjGe8wCZEiEGrgmqezx-dzB7Q1o4E7b5wviw/edit?usp=sharing>

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Flexible Learning	Printable Learning Packet Link (One Page)
<p>Ways to Work with a 5 gal. Bucket https://www.youtube.com/watch?v=sCMjyTquVVw</p>	<p>Printable Workout Boys Adv PE https://docs.google.com/spreadsheets/d/1SfZneM6J50x-yNd20B92m_wmvguvZXdKcKzPtBFcUxM/edit?usp=sharing</p> <p>Printable for Girls Adv Pe https://docs.google.com/document/d/1Y87MOd_BbzGjG1rzYM52nrwH813IWlkaDV_CJn4vzBY/edit?usp=sharing</p> <p>Printable for PE https://dochub.com/eflehmer/pk9Xe5D/img-8208-jpg?dt=myhea2Urss1J5xRrN_TW</p> <p>Printable for health https://docs.google.com/document/d/1Pvm66RVbKRqCl4nZ6t2WMgpVVO-JfQMOeJyDj_EDIPi/edit?usp=sharing</p>