



HS Physical Education Learning Resource Plan



Week of April 6 - 10, 2020

Boys Advanced Physical Education

Week 1 bodyweight workout. Adaptations are listed and examples are given. Click on link below for week 1 bodyweight workout, flexibility plan, & speed and agility work
https://docs.google.com/spreadsheets/d/1SfZn eM6J50x-yNd20B92m_wmvguvZXdKcKzPtB FcUxM/edit?usp=sharing

Girls Advanced Physical Education

Week 1 workouts. Be creative if you do not have the materials to modify.
<https://docs.google.com/spreadsheets/d/1NlfhQmzcV3epz9M5lnTsfLqjwF5r5cmfu7alfpl6lvi/edit?usp=sharing>

Health

Week 1 learning: Risks and harms of Alcohol, Drugs, Tobacco, and vaping. Risks of smoking:
https://www.youtube.com/watch?v=HD_r66sFjk
Article on how smoking affects your different body systems:
<https://www.healthline.com/health/smoking/effects-on-body#1>

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)
<https://www.coachup.com/nation/articles/the-10-best-stretches-for-total-body-flexibility>
Here is a weekly activity/workout
<https://docs.google.com/document/d/1lqb-0aBodvHp-3nnMmBGoED6cY1LVZ1uAplgR6LUvpQ/edit>

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/1Dq4j6koj jGe8wCZEiEGrgmqezx-dzB7Q1o4E7b5wviw/edit?usp=sharing>

Flexible Learning

Ways to Work with a 5 gal. Bucket

<https://www.youtube.com/watch?v=sCMjyTquVVw>

Printable Learning Packet Link (One Page)

Printable Workout Boys Adv PE

https://docs.google.com/spreadsheets/d/1SfZneM6J50x-yNd20B92m_wmvguvZXdKcKzPtBFcUxM/edit?usp=sharing

Printable for Girls Adv Pe

<https://docs.google.com/spreadsheets/d/1NIfhQmzcVW3epz9M5lnTsfLajwF5r5cmfu7alfpl6lv/edit#gid=0>

Printable for PE

<https://docs.google.com/spreadsheets/d/1NIfhQmzcVW3epz9M5lnTsfLajwF5r5cmfu7alfpl6lv/edit?usp=sharing>