



HS Physical Education Learning Resource Plan



Week of May 11th, 2020

Boys Advanced Physical Education	Girls Advanced Physical Education	Health
<p>Week 6 at home Workout!! Weight variations added. Flexibility and conditioning are great ways to get better during our time apart.</p> <p>https://docs.google.com/spreadsheets/d/15fZn eM6J50x-yNd20B92m_wmvguvZXdKcKzPtBFcUxM/edit?usp=sharing</p>	<p>Week 4 of workouts</p> <p>https://docs.google.com/document/d/1J bi49z8Y-vF3V5gQfEtzv0ZkRnLdmpOi 3jVFLYaFVhl/edit?usp=sharing</p>	<p>Week 4: The Impacts of Alcohol use</p> <p>http://www.camry.org/resources/fact-sheets/he-toll-of-underage-drinking/</p> <p>https://www.youtube.com/watch?v=V2Aj-iJ6 p38</p> <p>https://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_factsheet.html</p> <p>https://docs.google.com/document/d/1Pvm66R VbKRqCl4nZ6t2VWMgpVVO-JfQMOeJyjDj_E DIPI/edit?usp=sharing</p>
Boys/Girls PE & Lifetime Sports	Just For Fun	Stress Relief
<p><u>The 7 Best at Home Workouts (No-Equipment Required)</u></p> <p>https://www.coachup.com/nation/articles/the-10-best-stretches-for-total-body-flexibility</p> <p>Create your own workout</p> <p>https://docs.google.com/document/d/1zAov6JP HnGkwuFGRV1eJzxJPON-2XwXlKL-MhQscV xc/edit?usp=sharing</p>	<p>Here is a fun activity to do with a family member:</p> <p>https://docs.google.com/spreadsheets/d/1NlFh QmzcV3epz9M5lnTsfLqjwF5r5cmfu7alfpl6l vl/edit?usp=sharing</p>	<p>https://docs.google.com/document/d/1Dq4j6koj jGe8wCZEiEGrgmqezx-dzB7Q1o4E7b5wviw/e dit?usp=sharing</p>

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/15fZneM6J50x-yNd20B92m_wmvguvZXdKcKzPtBFcUxM/edit?usp=sharing

Printable for Girls Adv Pe

<https://docs.google.com/document/d/1Jbi49z8Y-vF3VSgQfEtzv0ZkRnLdmpOi3jVFLYaFVhl/edit?usp=sharing>

Printable for PE

<https://docs.google.com/document/d/1zAov6JPHnGkwuFGRW1eJzxJPON-2XwXlKl-MhQscVxc/edit?usp=sharing>

Printable for health

https://docs.google.com/document/d/1Pvm66RVbKRqCl4nZ6t2WMgpVVO-JfQMOeJyDj_EDIPi/edit?usp=sharing