



HS Physical Education Learning Resource Plan



Week of May 4-8, 2020

Boys Advanced Physical Education

Week 4 at home WorkoutII 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

Week 5 of workouts

<https://docs.google.com/document/d/1Jbi49z8Y-vF3V5gQfE+zv0ZkRnLdmpOi3jVFLYaFVhl/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

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

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

Create your own workout

<https://docs.google.com/document/d/1zAov6JPHnGkwuFGRV1eJzxJPON-2XwXlKL-MhQscVxc/edit?usp=sharing>

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>

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/1Pvm66RVbKRqCl4nZ6t2VVMgpVVO-JfQMOeJyDj_EDIPi/edit?usp=sharing