

Distance Learning #1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Journal Prompt:</p> <p>Describe yourself in 10 words</p> <p>Activity Log: 30 minutes</p>	<p>Practice a Skill: Overhand Throwing</p> <p>Cues for the Overhand Throw (Beginner Video):</p> <ul style="list-style-type: none"> • "Side to target": Point non-throwing side/shoulder to the target • "Arm way back": Throwing arm way back behind head. • "Step": Step with your opposite foot towards target • "Follow through": Follow through by letting your throwing arm come across the opposite side of your body. <p>Practice: Try 30 throws to a target on the wall, or partner. Count how many times you hit the target or how many times your partner did not have to move to catch your thrown ball. No ball? No problem! Make a ball out of a pair of socks.</p>	<p>Workout Wednesday: Wellness Choice Wheel - Spin the wheel and perform the activity as many times as you can in 30 minutes.</p> <p>Assignment: Record which activities you spun and performed. Give another activity that could be added to the wheel.</p>	<p>The "E" in PE:</p> <p>Heart Rate Lesson: What's Your Heart Rate?</p> <p>Assignment: Complete activities #1 - 3 in the What's Your Heart Rate assignment.</p>	<p>What's Your Choice?</p> <ul style="list-style-type: none"> • Go for a walk with your dog, a family member, or a socially distanced friend • Pick a workout from the workout folder • Plan a scavenger hunt for a family member of a socially distanced friend.

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