

Distance Learning #3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Journal Prompt:</p> <p>Who is an athlete you look up to? What qualities make him/her so special?</p> <p>Activity Log: 30 minutes</p>	<p>Practice a Skill: Underhand Throwing</p> <p>Cues for the Overhand Throw (Beginner Video):</p> <ul style="list-style-type: none"> • Face your target • Step with your opposite foot towards the target (i.e., if throwing with right hand, step towards target with your left foot) • Use a pendulum arm motion with the arm you are throwing with (i.e., like you are bowling) • Follow through to the sky or ceiling with hand you are throwing with <p>Practice your underhand throw by playing Cornhole. Don't have Cornhole? No Problem! Check out this video to create your own at home Cornhole.</p>	<p>Workout Wednesday: Roll the Dice Workout</p> <p>Assignment: Complete the Roll the Dice Workout for 30 minutes. Use the workout given or create your own. No dice? No problem! Use these virtual dice.</p>	<p>The "E" in PE:</p> <p>Components of Fitness</p> <p>Assignment: Read through the Components of Fitness Powerpoint. Use the Google Form to answer the questions throughout the powerpoint.</p> <p>STILL NEED TO MAKE THE GOOGLE FORM</p>	<p>What's Your Choice?</p> <ul style="list-style-type: none"> • Do a 30 minute workout with a family member or socially distanced friend • Help out by gardening or weeding for at least 30 minutes • Go for a bike or scooter ride