

Distance Learning #9

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Journal Prompt:</p> <p>What does good sportsmanship look like? What does it sound like?</p> <p>Activity Log: 30 minutes</p>	<p>Practice a Skill: Volleying</p> <p>Volleying: To strike or hit a ball or an object before it hits the ground.</p> <p>Volleying looks different depending on the sport you are playing.</p> <p>Soccer: Beginner Video</p> <p>Volleyball: Beginner Video</p> <p>Tennis: Beginner Video</p> <p>Pickleball: Beginner Video</p> <p>Practice: Set a timer for 10 minutes. Pick a ball of your choice and count how many times you can volley it in a row. You can volley with a partner or a wall. No ball, no problem! A balloon or rolled up ball of socks will work too!</p>	<p>Workout Wednesday: Stretching</p> <p>Assignment: Choose a workout from the Stretching Choice Board to increase your flexibility.</p>	<p>The "E" in PE:</p> <p>Create Your Own Workout</p> <p>Assignment: Use the Create Your Own Workout link to create a week-long workout plan.</p>	<p>What's Your Choice?</p> <ul style="list-style-type: none"> • Play Minute to Win It games with a family member or socially distanced friend. • Love to dance? Try this Hip Hop Workout! • Workout with a family member or socially distanced friend. You may choose your own cardio and/or strength workout. Try to workout for at least 30 minutes.