

## Week of April 13-17, 2020

### Weight Training PE - Brian Anderson

Please pick 3 out of the 6 activities to do for the week, 3 activities per week. Please take a picture or a short video of your child performing the activity. Along with the video/picture, include the date, when submitting to my email/phone. Your child may also write a few sentences about the activity if you don't have access or feel comfortable sharing electronically. I'm really excited to see what you are doing. Miss all of you, STAY SAFE.

My email is [brian.anderson@oakland5.org](mailto:brian.anderson@oakland5.org), my phone number is 217-218-5420 or submit the written reflection to the homework box located in the Lake Crest foyer. My office hours are 10 am-Noon, feel free to email/call with any questions. Feel free to email/call anytime outside of those hours and I will get back with you as soon as possible.

Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6 (Enrichment)
Weight Training	15 minute Push-up challenge & 5 minute Body Squat challenge.  (As many push-ups/body squats as you can get done in the allotted time. Rest when needed.) <ul style="list-style-type: none"> <li>Turn in your #'s</li> </ul>	100 push-ups (knees if needed) 100 body squats 100 burpees <ul style="list-style-type: none"> <li>Show me your time</li> </ul>	Sprint Work  Find a hill & sprint the hill to the top.  8 Trips	Sets = 8,8, burn (if you have weights, use them)  Weighted Squat Jumps (loaded backpack)  Upright Row (loaded backpack)  Step ups (Be creative = Milk jugs, buckets, anything else)  Close Grip Bench (loaded suitcase/backpack)	Sets = 8,8, burn (if you have weights, use them)  Lawnmowers (buckets, milk jugs, etc.)  Feet elevated Push-ups  Dips (chair, couch,ets)  Front/Side Raises (Be creative = logs, buckets, backpacks)	Any other physical activity that you can think of.  (Lot of freedom to BE CREATIVE) <ul style="list-style-type: none"> <li>20 Min Minimum</li> </ul> *YouTube is a great resource for finding activities w/ limited equipment.