

OAKLAND CUSD #5

**HIGH SCHOOL
PE
APRIL 27-MAY 1, 2020**

COACH ANDERSON AND COACH KAPPY

Week of April 27-May 1, 2020

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, 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 Lunge challenge. (As many push-ups/Lunges as you can get done in the allotted time. Rest when needed.) <ul style="list-style-type: none"> • Turn in your #'s 	100 push-ups (knees if needed) 100 body squats 100 Jump Jacks <ul style="list-style-type: none"> • Show me your time 	Sprint Work = 10 reps of Wickets <ul style="list-style-type: none"> *Find something to run over (mini-hurdles, blocks of wood, book bags, cones, etc) Space them out 5 3 steps each *Sprint thru without hitting the wicket (1 foot in each, 2 feet in each, lateral work) *Hills (20 minutes) 	Chest/Arms workout (3 sets) <ul style="list-style-type: none"> *Find something to Press (either laying down, like Bench Press or above your head like Military) *Find something to curl *Find something to Lawnmower *Find something to Overhead Tri *BE CREATIVE W/ EQUIPMENT 	Leg/Arms workout <ul style="list-style-type: none"> *Walking Lunges around the house/driveway-yard *Body Squats or Bookbag squats-Suitcase squats (suitcase out in front or above your head) *Find something to curl *Find something to Lanmower *BE CREATIVE W/ EQUIPMENT 	Any other physcial activitiy that you can think of. (cinderblocks, metal poles, buckets, milk jugs, jump rope) (Lot of freedom to BE CREATIVE) <ul style="list-style-type: none"> • 20 Min Minimum *YouTube is a great resource for finding activities w/ limited equipment.