

OAKLAND CUSD #5

HS PE
MAY 1 1-15, 2020

BRIAN ANDERSON AND JENNIFER KAPRAUN-VEACH

Week of May 11-May 15, 2020
Brian Anderson
LAST WEEK of REMOTE LEARNING

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 Body Sqt challenge. (As many push-ups/body squats you can get done in the time *Beat Coach's Record (don't judge, been a few weeks) Push-ups 179 Body Sqt 114	Bike = 20 minutes	Walk/Jog/Run = 20 minutes	*Write a bit = Choose 1 1 = Write $\frac{3}{4}$ to 1 page about something that you enjoyed about the weight room class 2 = Write $\frac{3}{4}$ to 1 page about one positive that has happened to you during this Remote Learning (can't put No school)	Video/Pic of you doing something a little bit outside of the box but still physical activity *Examples I've received thus far during pandemic (kayak, Barbie scooter around town, drudge ditches, painting, power washing, work related activities, flipping tractor tires, scooping manure	Any other physical activity that you can think of. (cinderblocks, metal poles, buckets, milk jugs, jump rope, Farm work) (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 equip

Week of May 11-May 15 , 2020
Mr. Anderson
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Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6 (Enrichment)
9 th -12 th PE	Take a Walk (at least 20 minutes)	Bike Ride, roller skate, skateboard, trampoline (at least 20 minutes)	Video/Pic of you doing something a little bit outside of the box but still physical activity (20 min) *Examples I've received so far during this pandemic (kayak, Barbie scooter, drudge ditches, painting, power washing, planting flowers, work related activities, flipping tractor tires)	Shoot hoops (inside or outside) Throw the football around with a sibling/parent/friend Bump the volleyball with a sibling/parent/friend/off the roof Frisbee *20 minutes	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. Chart your #'s/sets. Rest when needed. *BEAT COACH ANDERSON'S RECORD (don't judge me, it's been a few weeks) 179 Push-ups & 114 Body Squats	Any other physical activity that you can think. (Lot of freedom here to BE CREATIVE) (20 min. at least, Farm work) -yard work, basketball, creative ways to weight lift, run/jog, etc. *YouTube is a great resource for finding activities w/ limited

						equipment.

Week of May 11 - May 15 2020

HS PE

Coach Kappy

Please pick 3 out of the 5 activities to do for the week. Please email me a picture of your child completing the activities and the dates or email me a description of the activities. You or your child may also write a few sentences about the activity and submit to the homework box located in the Lake Crest foyer.

Please email me at jenny.kapraun-veach@oakland5.org or call the school and leave a message, and I will give you a call as soon as I can.

Class	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5
9th-12th Grade	Ride your bike for 20-30 minutes	Play Basketball for 20-30 minutes.	Run a mile and email me your time	Do an exercise video.	Another physical activity that you do for at least 20 minutes or more (yard work, taking a walk, etc)