

PE Lessons:

Complete physical activity or fitness each day and log or journal of all physical activity during this time.

Example:

3/16/2020	20 min	Fast walk
	20 min	Basketball drills
	20 min	yoga
3/17/2020	25 min	Fitness Blender (youtube)
	15 min	pushups
	15 min	Sit ups
3/18/2020	15 min	20 meter Pacer test on driveway (youtube)
	15 min	Yoga (youtube)

Guidelines:

Try to get your heart rate up for a minimum of 20 minutes a day.

How to check heart rate: <https://www.youtube.com/watch?v=BSIRvD-CZSo>

Finding your target heart rate: <https://www.youtube.com/watch?v=emBa3HDVZ9Y>

Warm up (begin to get heart rate up and light stretches)

Cool down (lower heart rate and stretch)

Stay hydrated

Exercise Ideas:

30 minute walk

Run 1 mile

Stretch during commercials

Basketball drills/ Soccer Drills

Yoga:

<https://www.youtube.com/watch?v=-jhKVdZOJM>

https://www.youtube.com/watch?v=b1H3xO3x_Js

<https://www.youtube.com/watch?v=P8uHMMmWMHQ>

Fitness videos:

Fitness Blenders: (No equipment needed)

<https://www.youtube.com/watch?v=H83DhoCPUb4>

<https://www.youtube.com/watch?v=tbbZBtdd20U&t=506s>

https://www.youtube.com/watch?v=IIRzBwD_TJw&t=11s

Pacer Test: <https://www.youtube.com/watch?v=BRv9Bvrfg3k>

