Poet – Christian

Physical Education

Distance Learning

Packet

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_\_\_\_\_

Dear Poet Families,

I hope that you are all doing well, healthy and staying safe. It is with great sadness that the school campuses have been closed as I was looking forward to the end of the year with you.

**Mandatory Work**:

Attached you will find a weekly exercise chart to be filled out 4 days a week and signed at the end of the week by your parent. The signature states that you did the exercises. If lucky, maybe the parent did the exercises with you. There is an explanation of the circuits on week one’s page along with a list of example exercises on a separate sheet.

**Grading**:

Each exercise within a circuit is worth 1 point. That makes each day worth 5 points and a total of 80 altogether. At the end of the 4 weeks, the points will be totaled.

**Other Activities (Optional)**:

Each week, Wednesday was left open. However, I have included a couple different options if you are looking for something to practice or do.

The first option is a Jump Rope Routine. The routine, if done alternating with a partner, should take about 30 minutes. The students will need a pencil/pen, jump rope, stopwatch and the paper to fill out and determine their score. If there is no partner to do the routine with that is fine. Just allow for rest between the exercises.

A second option would be a mile run. The mile run option is geared toward the older students as it most likely would require running throughout the neighborhood. I have included maps of different routes around the neighboring areas that equal either a ½ mile or full mile. There are apps on phones that will help track the distance and time that it took to run the mile which will also allow for music. If the students want, they can record their times on the given sheet and compare one run to the next. Hoping that each time they run, the mile became either quick or easier.

Thank you for everything this year. I look forward to reviewing your work and seeing all the work that you did. I have an Instagram account @michaelbeckcountry if the students want to share videos of them doing their exercises, jump rope or mile runs. We can use the hashtag #Poetchristianpe so everybody can see them.

Thank you again,

Michael Beck

Physical Education – Poet Christian School

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Office hours: Monday – Friday, 9:00 am – 11:00am

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Speed Jump, 2 feet (2 minutes) ………………………………………………….. \_\_\_\_\_\_\_\_\_\_\_\_\_

2 Foot, Front to Back over a line (1 min) …………………………………….. \_\_\_\_\_\_\_\_\_\_\_\_\_

2 Foot, Side to Side over a line (1 min) …………………………………….. \_\_\_\_\_\_\_\_\_\_\_\_\_

One foot, left Foot, Front to Back (30 sec) ………..………………………….. \_\_\_\_x2=\_\_\_\_\_\_

One foot, Right Foot, Front to Back (30 sec) ………………………………..….. \_\_\_\_x2=\_\_\_\_\_\_

One foot, Left Foot, Side to Side (30 sec) ……………………………...…….. \_\_\_\_x2=\_\_\_\_\_\_

One foot, Right Foot, Side to Side (30 secs) …………………………………….. \_\_\_\_x2=\_\_\_\_\_\_

2 Foot, 4 Corners, make a square (1 min) ………………………… \_\_\_\_\_\_\_\_\_\_\_\_\_

Double Jump (2 rope turns, one jump) (1 min) ………………………… \_\_\_\_\_\_\_\_\_\_\_\_\_

Final Jump (Jump til you mess up) (200 max) ………………………….. \_\_\_\_\_\_\_\_\_\_\_\_\_

Total \_\_\_\_\_\_\_\_\_\_\_\_\_