Please refer to the following information in order to complete and receive full credit for the MCST’S Virtual Physical Activity Assignment:

|  |  |
| --- | --- |
| Requirement: | 50 total minutes of physical activity (you choose) |
| Attire: | MCST PE shirt OR anything MCST |
| Method of Submission: | Google Classroom,Remind 101, email  |
| Method of Submission: | Upon the return to MCST: A log of parent signatures the day a workout is complete.  |
| Due: | 11:59 the day your scheduled PE class is held |
| Total Grade: | \_\_\_\_\_\_\_\_\_\_\_\_/10 per day *\*\* Extra credit will be rewarded for all family members being active and present during the workout you create/choose or are a part of.*  |

You will be required to submit 5 documents of evidence to your respective teacher. The 60 minutes of exercise will be completed by 11:59 pm the day that you would typically meet for physical education class. The method that you choose to work out with is solely up to you. The following chart offers means of methods. Note, not all methods are included. *Be creative.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Circuit Workout | Walk  | Run | Hike | Fitness Video | Strength Training  |
| Gym | Fitness Class | *FREE CHOICE*(Let me know)  | Yoga | HIIT | Crossfit  |
| Boxing/Kickboxing  | Agility | Instagram Handle  | Youtube  | Darebee | Workout Video |
| Beach Body  | Nike Run Club App  | Tik-Tock(we will be watching these) | Personal Trainer  | Pick up Games  | Nike Training Club |

*\*\* Please record the style / type and resource for your workout on the following document below.\*\**

**How to submit for full credit:**

You will track your fitness during the 50 minutes via the running app (free) Nike+Running. This is the same app we use during our walking unit in PE. It will calculate calories burned, miles traveled, pace per mile, date, time, weather and a cumulative map in which you have traveled. **A screenshot of this will be 1:4 pieces of evidence that you will submit in receiving full credit.**

 **OR**

 **A picture of your Apple Watch, Garmin, Fit Bit etc. with the appropriate setting to
 track your fitness.**

 Screenshot your application breakdown to receive full credit. Simply an email will not be
 sufficient evidence

1. **Submit 3 Selfies/ Video Clip:**
Your selfies will consist of a picture of you BEFORE your workout, THE workout of choice / you PERFORMING your workout and a picture of yourself AFTER your workout.
2. **Fitness Documentation Form (see attached)**
3. **Extra Credit: Family Workout - Upon Return to MCST: Parent Signature Log**

Submit a signed log of documentation by a parent/ guardian with the date/dates that you completed 50 minutes of a workout with your family (*\*\* See attached log below)*

*Note: \*\* If you are walking, running, your mile times must be under 11 minutes per mile for full credit. Miles/average pace per mile over 11 minutes results in a loss of 1 pt. per minute mile*

***\*\*\* Additional Credit:***

1. Get your family up and moving, too! Submit a picture of you and your family during your workout. Your parent/guardian MUST fill out in the comments box that a family workout was done, together!! No comment from a parent/guardian = no credit.
Note: Phone calls/emails may go home for confirmation

 \*\*\* Make sure you document this with a selfie and family picture :)

 **Parent/Guardian Signature Sign Off of FAMILY Workout**

**Due**: Upon arrival of MCST

|  |  |  |
| --- | --- | --- |
| **Date** | **Signature***(Must be signed for credit)* | **Comments** *(Family Workouts)* |
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 *\*\* Note - Email/Phone calls home may follow submission from students for clarification purposes \*\**

**Fitness Documentation Form
(Must complete every “class period”)**

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| --- | --- | --- |
| ***Date:*** | ***Resource Used: (provide the link below)*** | ***Component of Fitness Worked*** |
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***Additional Resources:***

***(FREE!!!)***

1. **Instagram** - Find/ Follow a fitness account. There are a TON of personal trainers that post workouts and provide demonstrations of each exercise and body part worked. Please note the handle of the fitness account used
2. **Darebee** - Use the following as a guide. Options include beginner, intermediate and advanced levels

 - <https://darebee.com>

1. **Body Building**
* <https://www.bodybuilding.com/exercises/>
* Click “articles”
* Click “Exercise Guide”
* Find exercises relation to the different body parts
1. **Youtube** - Your choice in fitness workout
* [www.youtube.com](http://www.youtube.com)
1. **Tick-Tick** -
 - You will have to provide documentations and evidence of your video
* Please make sure it is appropriate.
1. **Nike Training Club (App) -**
2. **Nike Plus Running (App) -**
3. **YOU CHOOSE! (We will add your resources/suggestion to the list)**