

VC Spring Virtual Phys Ed: PE X (AL 11/12, Fitness 11/12) and PE 10

Dear Students,

Our VC Phys Ed team has compiled resources so you can stay active during this time of self-isolation and social/physical distancing. Below is a list of websites, apps, and resources for maintaining a healthy lifestyle to navigate this difficult time. Parents are welcome to use any of this information as well.

We recommend and encourage that everyone aims to be active for a minimum of 30 minutes per day, although 60 minutes is ideal. In addition to that activity, we also recommend going for a walk, bike ride, doing some yoga, or 30 minutes of stretching. And take 5 minutes to yourself daily to practice some calming breathing or mindfulness meditation or prayer.

There is a weekly log form on Google Classroom. This is for you to communicate your activities with us while also creating a visual record of your healthy living. Seeing your plan and progress, and reflecting on it, will make the experience more meaningful.

Remember, activity time doesn't have to happen all at once. You can add up your total activity throughout the day to equal 60 minutes.

In Summary,

- 1) PE/Fitness will happen daily as recommended above. Ideas and links are below.
- 2) You need to fill in the daily log (should only take a couple minutes). It must be turned in through Google Classroom each Sunday by 8:00 pm (you can turn it in earlier than that).
- 3) During your actual PE/Fitness block, we will have some content and theory learning as well as discussion topics. This will also be a time to ask us questions. If we are doing a specific challenge, we will post the exact time that we will be on google hangouts/meet. We may also throw some fun challenges at you during your block.

Sample Schedule for April 6-10th:

| | April 6 Monday | April 7 Tuesday | April 8 Wednesday | April 9 Thursday | April 10 Good Friday |
|----------------------|--|--|--|--|---------------------------------|
| 8:30am - 11:00 am | Block A | Block C | Block E | Block G | Day off |
| 11:00am- 12:30 pm | Physical Activity & Lunch WOD 1 | Physical Activity & Lunch WOD 2 | Physical Activity & Lunch WOD 3 | Physical Activity & Lunch WOD 4 | |
| 12:30pm - 3:00 pm | Block B | Block D | Block F | Block H | |

WOD- Workout of the Day. We will provide a WOD for each day of the week. These are no equipment circuit-style workouts. We will post the WOD on GC by 7:00 am daily. Students can choose to do the WOD, or they can choose 30 minutes of alternate activity.

Outdoor Activities: Please maintain social/physical distancing and refrain from gathering with others, except immediate family. You can keep track of these activities using apps like *strava* or *Map my Walk*, *apple watch activity* or *fitbit*.

- Brisk Walk- aim to increase your heart rate.
- Bike Ride- keep track using *strava* or *Map my Ride*.
- Jog/Run- 15-30 mins.

Awesome Resources/Workouts

[Coach Vass workout board](#)

[Darebee Interval Workouts](#)- we will choose some of these for the WOD's.

[Yoga with Adrienne](#)

More resources found on [this link](#).

Awesome App's

Nike Training App- one your phone- full range of workouts, levels, etc.

Strava- great for tracking your outdoor workout, your route, etc.

Movr- excellent for finding your starting point and can create workouts/stretchers/etc.

Mindfulness Videos:

You can follow the instructions of the videos below, or just sit in silence and listen.

Mindfulness: <https://www.youtube.com/watch?v=IUJ3nl7N35Q&feature=youtu.be>

7-11 Breathing: <https://www.youtube.com/watch?v=sFP65kZBtaQ&feature=youtu.be>

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

Song: https://www.youtube.com/watch?v=Md4B_MYkICc&app=desktop

Thank you for your cooperation. If you commit to staying active during your home-based learning, you will notice an increase in energy, your mood will be more positive, and your body will feel stronger. Stay active and stay well.

Sincerely,

Your Physical Education Staff