Dear George Kelly Students in grades 4-8,

Please complete the attached Activity Log. The Activity Log is organized for 5 days of activity per week. You will choose your exercises and record your activities for 4 weeks.

The completion of the weekly Activity Log is worth 40 points. At the end of 4 weeks (May 15) the total will be 160 points.

Log Sheet Requirements:

For each Day

- 1. **Flexibility/Stretches** List a minimum of 3 flexibility stretches for that day. **Reps/Sets or Time** List how long you stretched and how many times did you repeat the stretch.
- 2. **Strength** List a minimum of 3 strength exercises for that day. **Reps/Sets or Time** List how many times you did the exercise (Reps) and how many times you repeated that number of reps (Sets).
- 3. Extended Actitity/Cardio List 1 or 2 cardio or extended activities for that day

For each Week

1. an Adult Witness must sign the top of the Log Sheet to verify that you did your activities

HOW TO TURN IN ASSIGNMENTS:

- 1. COMPLETE THE SHEET AND EMAIL IT BACK TO YOUR TEACHER EACH WEEK.
- 2. TAKE A PICTURE OF YOUR HANDWRITTEN FORM AND EMAIL IT BACK TO YOUR TEACHER EACH WEEK.
- 3. TURN IN A HARD COPY TO THE SCHOOL ON THE DESIGNATED TURN IN DAYS.....NOTE THIS IS A HARD DATE SET BY THE DISTRICT NO LATE WORK CAN OR WILL BE ACCEPTED.

Questions:

Q 1: Do I have to do the same exercises and activity every day?

A 1: No. You can change exercises and activities each day.

Q 2: Can I do the same activities everyday if I want?

A 2: Sure.

Q 3: What if I only do half the weeks?

A 3: Then you only earn half the points if all requirements are met for the work you turned in. 20/40

Q 5: Can I do more exercises than minimum?

A 5: Of course.

Q 6: Can I do exercises or activities that are not on the list on the back of this page?

A 6: Yes. If you have lots of different exercises contact your PE teacher during their office hour for approval.

Daily Office Hours:

Mrs. Adkins M-F 11:00am-12:00pm Zoom meetings A-M

12:00pm-1:00pm zoom meetings N-Z

Mrs. Fechner M-F 1:00pm-2:00pm Zoom meetings A-M

2:00pm-3:00pm Zoom meetings N-Z

Mr. Wescott M-F 4:00pm-5:00pm Zoom meetings A-M

5:00pm-6:00pm Zoom meetings N-Z

We can also be reached through email anytime:

Adkins: nadkins@tusd.net
Fechner: sfechner@tusd.net
Wescott: mwescott@tusd.net

Note: Zoom meetings are for students who need to meet because they have questions or issues. You are not required to meet. If you know what you are doing, great just turn in your packet.

Examples of activities:

Upper Body:	Warm-up Exercises:		
8 to 20 Reps per Set	Minimum of 2 minutes of any combination		
Push-ups with hands wide or together	Jumping jacks		
Incline Push-ups	High knees (touch hands)		
Decline push-ups	Mountain climbers		
Curls (elastic bands or cans)	Burpees		
Shoulder press (elastic bands or cans)	Skip for height (lap)		
Seated row (bands)	Skip for distance (lap)		
Fly press (elastic bands or cans)	Two feet step jumps		
Shoulder rotation (elastic bands or cans)	Side to side step jumps		
Lower Body:	Body Core:		
8 to 20 Reps per Set	Minimum 20 Reps or 30 seconds = 1 Set		
Lunges	Plank (push-up position or elbow)		
Squats	Side Plank		
Squat jumps	Superman		
Wall Sits	Flutter kicks		
Calf Raises	Sit-ups		
50 yard sprints	Bicycles		
20 yard shuttle runs	Back arch		
	Russian twist		
Stretches:	Cardio / Extended Activities		
Hold for 30 seconds = 1 Set	15+ minutes		
Calf stretch (to prevent Seavers Disease)	Walking / Jogging / Running		
Flamingo (to prevent Osgood Schlatter)	Shooting hoops		
Sit n Reach Stretch (to prevent back pain)			
Swimmers stretch	Skateboarding / Scooter / Bicycling		
Shoulder rolls	Jump rope		
Forearm stretch	Dancing (all kinds)		
One legged hamstring stretch	Yoga		
Spiderman lunge to side	Cheer routines		
Squat Stretch	Playing catch (big ball, small ball, Frisbee)		
Childs pose or (sit Cross legged and bend	Boxing / Martial Arts kicking and punching		
forward)	Tumbling		

Splits to the side	Trampoline
Splits to the front (alternate legs to front)	Soccer (juggling, practice moves, kicking at
	wall)
	Juggling
	Circuit Training (combine exercises)

These are suggested activities. Feel free to move how you see fit!

YOU CAN DOWNLOAD THE PELETON APP FOR FREE!!!! THESE GIVE FAMILY WORKOUTS!

- 1. Fit family fun ages 5 and up
- 2. Fit family strong ages 10 and up
- 3. Fit family brain breaks (5 min sessions) ages 5 and up
- 4. Family meditations (5 and 10 min sessions) Ages 5 and up
- 5. Outdoor walk and run programs
- 6. Yoga
- 7. Stretching
- 8. Strength

This is all just from one app! It is free during this quarantine time, so why not take advantage?? No equipment necessary!

P.E. Activity Log Student Name	Adult Witness	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 2 Week 1		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 3 Week 1	I	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 4 Week 1		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 5 Week 1		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

P.E. Activity Log Student Name A Day 1 Week 2	dult Witness	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 2 Week 2		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 3 Week 2	I .	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 4 Week 2		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 5 Week 2		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

P.E. Activity Log Student Name	Adult Witness	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 2 Week 3		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 3 Week 3	I	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 4 Week 3		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 5 Week 3		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

P.E. Activity Log Student Name	Adult Witness	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 2 Week 4		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 3 Week 4	I	
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 4 Week 4		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		
Day 5 Week 4		
Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		