Ms. Bykonen

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Essential New Learning: June 1 – June 5

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|  | **Monday, 6/1**  **Cardio Day (Jog)** | **Tuesday, 6/2**  **(Self-Defense)** | **Wednesday, 6/3**  **(Weight Train)** | **Thursday, 6/4**  **(Yoga)** | **Friday, 6/5**  **(CrossFit)** |
| **Instruction** | **PLAN Your JOG: 2.75 Miles**  **OPTIONS**  **1- use** [**GMAP Pedometer**](https://gmap-pedometer.com/)  **or similar internet mapping service:**  **2- use a treadmill with incline setting (if you have access/ must stay inside)**  **\*Have a TIMING device** | Ensure you have space to move around. Have fun! - Ms. Uramis | Review:  [WORKOUT INSTRUCTIONS](https://drive.google.com/file/d/1Lnev4UeFXyGLQ8EDVlwbMT_EcC9OemYJ/view?usp=sharing)  For the BONUS Exercises have some fun with them and see how many you can do. They take a combination of muscles group working together, and are a silly, fun way to finish a workout. Enjoy ☺. – Mr. Tatro | Includes aspects of strengthening, core work, and deep stretching. Encourage you to stay in final rest after video has ended. Five to ten minutes will be greatly beneficial from a physical and mental standpoint. | 1- Watch Video:  [BUILD OWN AMRAP](https://www.instagram.com/tv/CA01aWtlupx/)  2- Use [EXERCISE LIST](https://drive.google.com/file/d/1NJhOZzyXsjdFpDW8YhXX5cIMsbiaVxNZ/view?usp=sharing) if needed, build and list your own AMRAP |
| **Activity** | **Reminder your distance must be at least 2.75 miles.**  **Complete your JOG while using your timing device to track how long it takes you to complete.** | Follow along with this video:  [Jiu Jitsu FLO Level 1](https://www.youtube.com/watch?v=0envLcyE2oU) | Complete  [Full Body Explosive Workout](https://drive.google.com/file/d/1RgD91LIJBk_WFT7TIcRgyruW7Y2Z7NbA/view?usp=sharing) | [Yoga Flow](https://youtu.be/QkIuOXdkD-I)  [with Ms. Bykonen](https://youtu.be/QkIuOXdkD-I) | Complete the 15 minute AMRAP that you built! |
| **SUBMIT** |  |  |  |  |  |
| **ENRICHMENT** |  |  |  |  |  |
| **Office Hours** | 10am-12pm via email | 10am-12pm via email | 10am-12pm via email | 10am-12pm via email | 10am-12pm via email |

**Google Form: Due Friday 6-5 by 9:00 PM https://docs.google.com/forms/d/e/1FAIpQLSeAb5T9FgaOL82hwgq13VBecfY68IJXhrKLRephT8fcKEqnaQ/viewform?usp=sf\_link**