Ms. Bykonen

**Essential New Learning: May 25 – May 29**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday, 5/25** | **Tuesday, 5/26****Cardio Day (Jog)** | **Wednesday, 5/27****(Weight Train)** | **Thursday, 5/28****(Dance)** | **Friday, 5/29****(CrossFit)** |
| **Instruction** | MEMORIAL DAYNO SCHOOL | **PLAN Your JOG: 2.5 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** | This activity is intended to be done with a partner. Find a family member and have fun. – Mr. TatroUse Link Below to Open Slide Show. Read directions #1-4 on right side of first slide | Watch intro video PRIOR to participating in workout.[Intro to Zumba](https://www.youtube.com/watch?v=HYops4y3fuA&feature=youtu.be) | 1. Watch Video:[“Tabata” Variation](https://www.instagram.com/tv/CAl6A6QlLue/)2. Prepare your chart to track reps3. Download SMARTWOD TIMER App (see video) |
| **Activity** | **NO OFFICIAL ACTIVITY****NOTHING WRONG WITH EXERCISE ON NON-SCHOOL DAYS THOUGH ;)****\*If you’d like an activity see below for some YOGA** | **Reminder your distance must be at least 2.5 miles.****Complete your JOG while using your timing device to track how long it takes you to complete.** | [Dice Game Workout](https://docs.google.com/presentation/d/13mwZgdAj9LuEr_p2G7oEuj12BXl0Gh8wtii-ZJnezoQ/edit?usp=sharing) | No equipment is needed. Just make sure you have plenty of space to move around.  -Ms. Bykonen ☺ [Zumba Workout](https://www.youtube.com/watch?v=hOXwkn_AxUs&t=107s) | Complete the “Tabata” Variation workout |
| **SUBMIT** | NONE |  |  |  |  |
| **ENRICHMENT** | [YOGA for BRAIN POWER](https://youtu.be/YbAYMQC_ZaE) |  |  |  |  |
| **Office Hours** | 10am-12pm via email | 10am-12pm via email  | 10am-12pm via email | 10am-12pm via email | 10am-12pm via email |

**Google Form will be due by Friday 5-29 @ 9:00 PM.**

**https://docs.google.com/forms/d/e/1FAIpQLSfquPeo4ghMNBbVBoFRR4EjozMgdpagacUF49zg8QUeLkHoPg/viewform?usp=sf\_link**