Ms. Bykonen

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

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|  | **Monday, 5/25** | **Tuesday, 5/26**  **Cardio Day (Jog)** | **Wednesday, 5/27**  **(Weight Train)** | **Thursday, 5/28**  **(Dance)** | **Friday, 5/29**  **(CrossFit)** |
| **Instruction** | MEMORIAL DAY  NO 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. Tatro  Use 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 reps  3. 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**