Hello students!  Welcome to week 1 of new material:)

As we get going, I will probably make a few mistakes here and there, so please be patient:) Instead of sending out all five workouts for the week, I will be breaking them up.  Therefore, in this email I have included the workouts for tomorrow and Tuesday.  I will send out a second email Tuesday evening with workouts for Wednesday, Thursday, and Friday.  If you decide to join the yoga zoom workout later this week, you can disregard the workout scheduled for that day.  More information about that will be sent out on Tuesday.

As a PE department, we decided to include workouts that focus on aspects of all the classes we offer in the program.  For example, Tuesday will be a self defense workout that you will complete at some point during the day.  Mondays will continue to be a jog or hike.

After completing the workouts, you will send me a google form that will include a reflection of the workout.  Due dates for this will occur twice per week.  The first form will be due every Tuesday by 6:00 PM and the second form will be due Fridays by 6:00.  Therefore, you will be checking in with me at least twice per week.  While you will not be sending me any videos of you working out, I trust that you will complete them daily along with the form twice per week.  Again, the format is subject to change depending on what our district decides in regards to grading.

My office hours (times I am always available to answer emails) will be 10:00 – 12:00 daily.

**Monday 4-20: Complete 1.75 mile jog**

**OPTIONS to track your workout:**

**1- use**[**Map My Run**](https://www.mapmyrun.com/us/)**or [RunKeeper](https://runkeeper.com/" \t "_blank) apps available online or for smartphones**

**2- use GMAP or similar internet mapping service:**[**https://gmap-pedometer.com/**](https://gmap-pedometer.com/)

**3- use a treadmill (if you have access/ must stay inside)**

**Tuesday 4-21: Self Defense Workout**

|  |
| --- |
| Getting Up Off the Ground:  <https://www.youtube.com/watch?v=yIOdGZDxSoM> |

Practice the technical stand-up (from video) on both your left side and right side.  If possible use a wall or chair to do the kickoff.  Practice 15 times on the left side and 15 times on the right side.  Work on form ensuring all elements are present.

Submit the google form no later than Tuesday evening by 6:00 PM.  If you have any questions, don’t hesitate to reach out!  Again, I will send out a second email Tuesday evening.

https://docs.google.com/forms/d/e/1FAIpQLSfZRjVMVK-D3T1D17wdhGcbU-XbGHE8-WymWMbOR-OJ7XMY2w/viewform?usp=sf\_link

Enjoy the workouts and have fun!

Ms. Bykonen