

WEEK ONE: April 6th-10th

Welcome back virtually! Things will be a little different in the world of Physical Education and Physical Education electives. Each week you will check your teacher's webpage for the new assignments. Assignments will be posted on Monday and everything for the week will be due on Friday.

To be successful in this virtual class you will need to **download at least ONE OF THE following MAP MY cardio apps AND BOTH the 7M workout and Yoga apps on your phone**: Go to the app store and search names below and MATCH the picture below to be sure you are getting the correct FREE app.

You must download at least one of the apps below:



Map My Walk



Map My Run



Map My Ride

You must also download both apps below:



7M Workout



Yoga for Beginners | Mind + Body

If you do not have access to these apps or a computer you may pick up an alternative assignment packet at the main office each Monday, upon request.

WEEK ONE: CORE 9 and CORE 10 and ELECTIVES PHYSICAL ACTIVITY ASSIGNMENT:

**Yoga and Bowling will have separate assignments. See your teacher's webpage.

All classes will be using the 7M workout and the Yoga for Beginners app. Students will be using this combination of the above apps (sessions offered range from 9-15 minutes) to complete 45-60 minutes of physical activity for a minimum of 3 days per week. Alternatively, student may use their Apple watch as an exercise option. Once any of the workouts have been completed, students are to take a screenshot of their exercise. It **MUST** show the time, date and length of your physical activity.

HOW TO SUBMIT YOUR WORK:

Create one document with the pictures of all your physical activity and yoga session screen shots and a parent signature at the bottom. Title your document or PDF with PERIOD: NAME: WEEK ONE. Once your document is saved, email the document to your teacher with the subject: PERIOD_COURSE_WEEK ONE

Example for labeling emails

Per 1_James, Randy_PE9_Week 1