

Welcome to SES Online PE Class

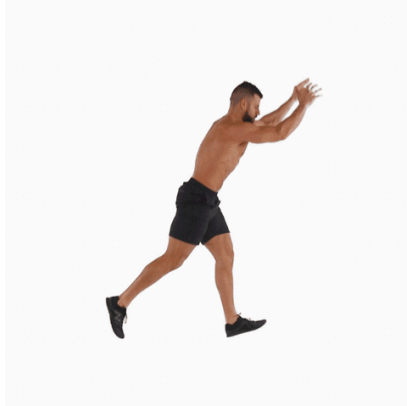
Lesson 5: brock.anderson@sewardschools.org

- We will start class by running in place at a slow jog for 30 sec. Begin now
- We will now do the “Man Down Warm Up” to help us continue to loosen up. Please follow along:

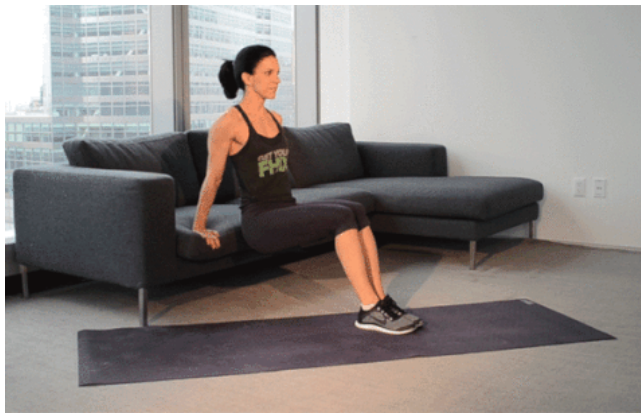


- We will now do a few strength movements. Please follow along:

1. Lunge Jumps (3 set of 10 reps)



2. Dips (3 set of 10 reps)

































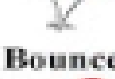






3. Skater Jumps (3 sets of 20 sec)



- We will now continue on with 2 fun videos. If you don't have the items shown, find the closest thing in your house and follow along. Good Luck
 - [Would You Rather Fitness #2](#)
 - [Let's Dance- Cheap Thrills](#)
- Go play outside for 20 min. Play catch, shoot hoops, ride a bike or scooter.
- Finish class by completing the activity of the day on your take home calendar.

BONUS ACTIVITY 1:

Catching Challenges

#1	 Wall	 Bounce	 Catch		5 X's	
#2	 Wall	 Bounce	 Bounce	 Catch	5 X's	
#3	 Wall	 Catch			5 X's	
#4	 Bounce	 Wall	 Catch		5 X's	
#5	 Bounce	 Wall	 Bounce	 Catch	5 X's	
#6	 Wall	 Bounce	 Catch		10X's	
#7	 Wall	 Bounce	 Bounce	 Catch	10X's	
#8	 Wall	 Catch			10X's	
#9	 Bounce	 Wall	 Catch		10X's	
#10	 Bounce	 Wall	 Bounce	 Catch	10X's	
BONUS	 Bounce	 Wall	 Bounce	 Spin 360	 Catch	10X's

#1-10: Playground Ball	#41-50: Rubber Softball
#11-20: Gator Skin Ball	#51-60: Tennis Ball
#21-30: Volleyball Trainer	#61-70: Racquet Ball
#31-40: Yoga Ball	#71-80: Z Ball

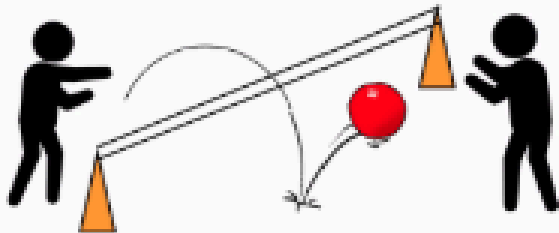
BONUS ACTIVITY 2:

NET 2-SQUARE PROGRESSIONS

**Level
1**

**Throw over net into
partner's box right
to them.**

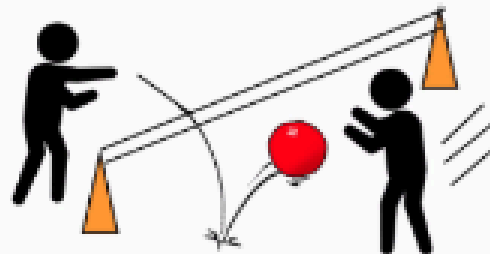
**complete
20 catches**



2

**Throw over net into
partners's box leading
away from them.**

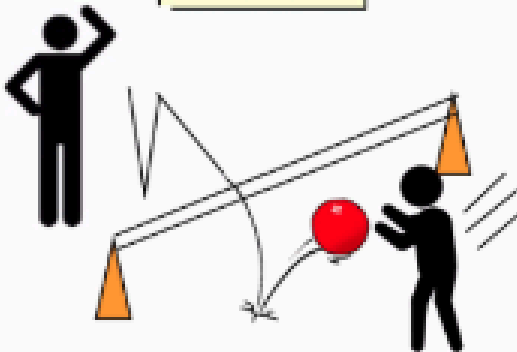
**complete
20 catches**



4

**Self bounce and hand strike
into opponent's box leading
away from them.**

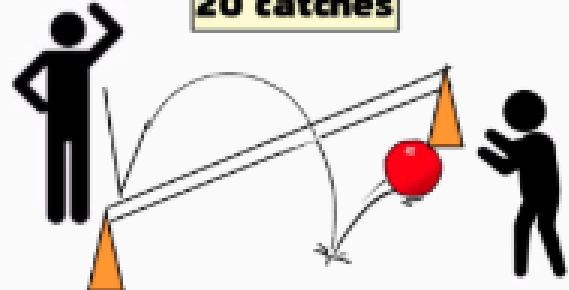
**complete
20 catches**



3

**Self bounce and hand
strike into opponent's
box to them.**

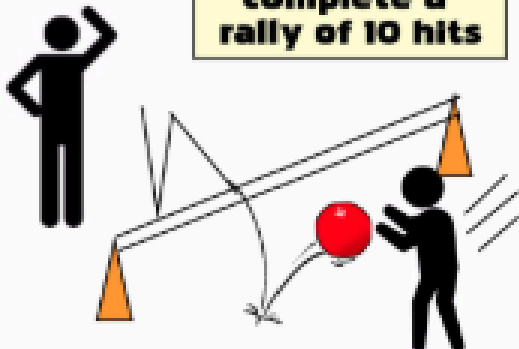
**complete
20 catches**



5

**Rally! Hand strike into
opponent's box back and
forth, no catching!**

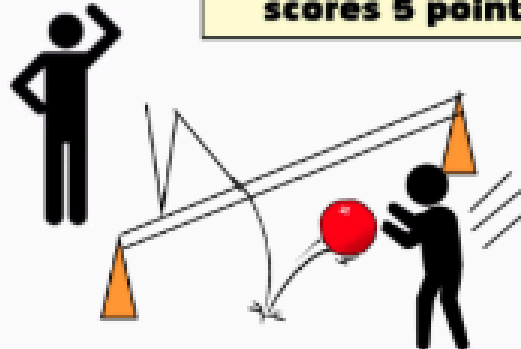
**complete a
rally of 10 hits**



6

**Same as level 5 except
competitive!**

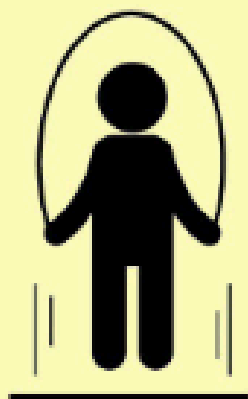
**play until someone
scores 5 points**



BONUS ACTIVITY 3:

JUMP ROPE RECORD BOARD

SEE HOW *LONG* YOU CAN JUMP THE BASIC BOUNCE, BEFORE YOU MISS.



1.

MINUTES : SECONDS



NOW, TRY AND BEAT THAT TIME.

2.

MINUTES : SECONDS

HOW MANY TIMES CAN YOU BEAT YOUR BEST TIME?

3.

MINUTES : SECONDS

4.

MINUTES : SECONDS

PERSONAL

5.



MINUTES : SECONDS

BEST

JOURNAL ACTIVITY:



Physical Education

Fitness Journal

Day 5

It's important to use positive language when we talk to others as well as in our own self-talk. Write 5 positive words or phrases you can use today.	
Write a single statement of encouragement to yourself. This statement should encourage you to keep working toward daily activity goals.	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
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