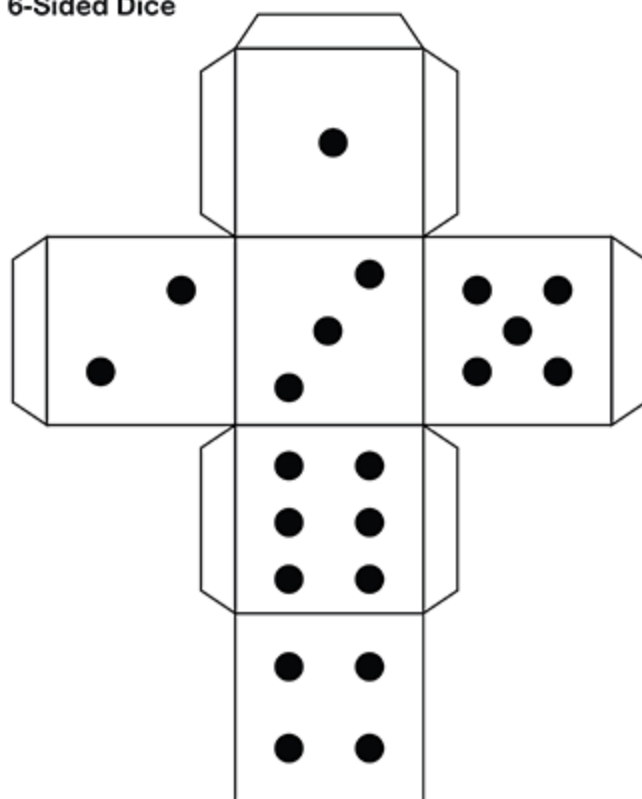


Coconino High School

Weekly Learning Guide

Course	Adaptive P.E.	Week Assigned	5-4-2020
Lesson Title	Physical Activity		
Teacher(s), Email, & Other Contact Information	mcarrasquilla@fUSD1.org Google classroom access Please contact if you do not have access		
Target Standards	P.E. Standard 3: Demonstrate the knowledge and skills to Achieve and MAintain a Health-Enhanced level of physical activity		
Learning Goal	Engages in Physical Active engages in Physical Education Class		
Essential Questions	How can you stay Physically active and healthy?		
Learning Activity	Students will complete the exercises. Print out the Die and make a die.		
Resources	Printable Die: https://drive.google.com/open?id=1L8g0DGQv7yldUPTpSlun-K18oKy3GP_8 Fitness Fun: https://drive.google.com/open?id=1FmUNmit1rPQ0THfbxbfht7bsonSnKvvB Flip a coin Workout: https://drive.google.com/open?id=1wT7QoahiLP9-fxE2CCDQ4BdXI62pFwEV Keep moving: https://drive.google.com/open?id=1-1KAeHTjSSgkdAok0OydNbwf35TQwQz Roll the Dice: https://drive.google.com/open?id=1SZBacSzjALF9drFtZG2lYh4wmSgEFoDF		
Extension & Enrichment	If students do not have internet access here are workouts to complete.		

6-Sided Dice



For more Creative Kid Printables, please visit www.timvandevall.com
Created by Tim van de Vall | Copyright © 2013 Dutch Renaissance Press LLC.

Roll the Dice

W O R K O U T

SET THE TIMER FOR 20 MINUTES

Let's Roll!



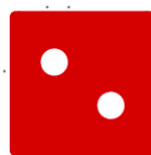
25
CRUNCHES



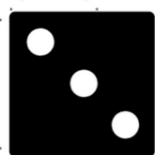
10
BURPEES



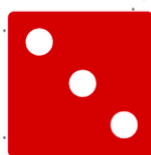
10
SQUATS



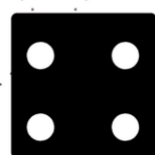
15 JUMPING
JACKS



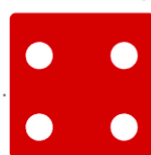
10
PUSH UPS



15
HIGH KNEES



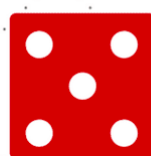
1 MINUTE
WALL SIT



15 MOUNTAIN
CLIMBERS



10
LUNGES



15 FROG
JUMPS



WATER
BREAK



2 MINUTE
RUN

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