

ROTC I

Week of May 11th

Activities for May 11 - 15 - ROTC 1 - Activity 1: Attempt the JROTC PT test; 1.5-mile run, 1 min of push-ups and sit-ups, 20-yard shuttle run. Activity 2: Chap 6, Lesson 3 - The Future of the Air Force - Read Chapter and answer checkpoint questions at the end. [ROTC 1 Ch 6 LS 3.pdf](#)

Week of May 4th

May 4th - 8th, Activity 1: PT do 3 sets of each 1 minute of push-up, 1 minute of sit-ups, and 1 minute of jumpingjacks. Activity 2: At this link you can find the original law that created JROTC, read through and submit 3 surprising facts regarding the law that all JROTC units is based.

[10 U.S. Code § 2031 - Junior Reserve Officers' Training Corps](#) [U.S. Code](#) [US Law](#) [LII](#) [Legal Information Institute.pdf](#)

Week of April 27th

April 27-May 1: Activity 1: Continue focusing a little time each week on your health; run/walk for 30 minutes, 1 minute of push-ups, 1 minute of sit-ups. Activity 2: Read chapter 6 lesson 2 and complete the review questions.

[JROTC 1 Ch 6 Lesson 2.pdf](#)

Week of April 20th

Activity 1: Get outside at least 3 times a week and take care of your body. Go for a walk or jog and every time you pass a fire hydrant drop and do 1 minute of push-ups and 1 minute of sit-ups.

Activity 2: Read chapter 3 lesson 1 found at the link and do the lesson review questions at the end. [LE100_CH03_LS01_p202-221.pdf](#)

Week of April 13th

Activity 1:

Start your week off good with exercise, at least 3 days this week go outside for a 45-minute walk/jog, 1 minute of push-ups, 1 minute of sit-ups, and your favorite stretching.

Activity 2:

Read Chapter 6, Lesson 1 and do the checkpoint review questions at the end of the chapter. [Chapter 6](#)

ROTC I

You can check to see if you got promoted via this link. [Promotions](#)

Week of April 6th

Activity 1 will be to continue focusing on finding time to engage in some physical fitness activity. Look at the picture at the following link [Build a workout.jpg](#) find the letters spelling out your first, last, or both names and do the exercises. Alternate fitness activity - utilize Sport Tracker or any other fitness activity tracker and send Maj Rice an E-mail with a screenshot of the route you ran or walked. Show the total time and distance of the run or walk. ACTIVITY 2: Review the google doc and write a short paragraph [LE 100 Quick Write Exercise](#)

Week of March 30th

ASSIGNMENT 1 -

Continue with the circuit this will allow you some exercise but you can do this indoors and without any equipment. 1 minute of push-ups, 1 minute of sit-ups, 1 minute of jumping jacks then rest for 1 minute. Repeat a total of 3 times.

ASSIGNMENT 2 -

Read the chapter [Global Intervention](#) and at the end of the reading do the checkpoint questions. MSgt Bell

Week of March 23rd

Activity 1:

Do PT this week by doing the following exercises; 1 minute of push-ups followed by 1 minute of sit-ups and 1 minute of jumping jacks. Rest for 2 minutes and repeat the 3 exercises a total 3 times.

Activity 2: Using any available research options, identify a military leader (past or present) and write a short essay on who you chose and why you believe the person is a good leader. MSgt B