

Coconino High School

Weekly Learning Guide

Course	Adaptive P.E.	Week Assigned	5-11-2020
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		
Resources	Students will complete a workout for the week. If you choose to do more that is your choice. Each workout if for the length of a movie. You can watch the movie at one time or spread it out throughout the week. Despicable Me 2: https://drive.google.com/open?id=1bqO4duDyKfp8ryOa451eWz_MwXr6Yh2B Tangled: https://drive.google.com/open?id=1VNlpGA9aPukuGyLwpGcPVYOovqDrDxe0 Lion King: https://drive.google.com/open?id=1W41OhtNvCYyKgTtzPP0mQKHGX S-PpfEq Little Mermaid: https://drive.google.com/open?id=1ye24ilSfTHjl21BtFheRNeqd_nmkehzh Toy Story: https://drive.google.com/open?id=1-immeAMtqBE6wKm6233og3Xm_R0lhVt0		
Extension & Enrichment	If students do not have internet access here are workouts to complete.		

DESPICABLE ME 2



WORKOUT

Whenever:

- You see a cupcake
- the word "unicorn" is said
- Gru talks
- a gadget is used
- the bad guy is on screen
- the girls talk
- a minion talks

Do this:

- 10 burpees
- 5 push ups
- run in place
- 10 tricep dips
- 10 squats
- 25 mountain climbers
- 25 jumping jacks

THE LION KING WORKOUT!

Everytime Simba says "dad" -
15 squats

Everytime Simba rawrs -
10 crunches

When Simba sings "I just can't wait to be
king" - DANCE!

Everytime a hyena laughs -
15 jumping jacks

Everytime they say "Hakuna Matata" -
10 lunges

Everytime Nala pounces on Simba -
10 reverse crunches

When Timon does the Hula -
do the hula

Everytime Rafiki uses his staff -
10 push ups

A Walt Disney Classic

THE LITTLE MERMAID

WORKOUT

Every Time Someone Sings –

10 Crunches

Every Time Ariel Uses Something Wrong –

12 Lunges

Every Time We See King Triton-

25 Second Plank, BONUS add

5 Seconds for every additional sighting

Every Time Ariel Disobeys her Father –

15 Jumping Jacks

Every Time We See Scuttle –

8 Push ups

Every Time We See a Ship –

12 Bicycles

Every Time Ursula is in a Scene –

15 Squats

Every Time Flotsam & Jetsam Are Creepy –

25 Punches

Every Time They Reference Love –

30 Second Wall Sit

Everytime



flirts



10 crunches

Everytime



acts fearsome

15 reverse lunges

Everytime Andy wears a



25 jump ropes

Everytime



calls Star Command

10 push ups

Everytime we see



10 squats

Everytime we see



10 lunges

Everytime



pieces fall out

15 reverse
crunches

