



HOME WORKOUTS: BSMS PE – Ms. Thomas

Mon/Wed: Follow links to complete workouts. Photograph or record a portion of your work & post to our Quarantine PE Padlet

Tue/Thur: Complete the challenge, workout or assignment listed

Fri: join the Zoom meeting at 1pm!

WEEK 1	Mon. 4/20	Tue. 4/21	Wed. 4/22	Thur. 4/23	Fri. 4/24
Target Muscle Group(s)	Getting Started	Core	Upper Body	Lower Body	Recovery
Warm-Up Activity <i>Do 1st</i>	The Extra Mile	Rascal	Burn Off	White Rabbit	You choose your favorite warm-up from the week.
Focus Activity <i>Do 2nd</i>	<p>Download the FREE Padlet app: Link is in our Google Classroom or scan the QR code:</p>  <p><i>Add your 1st post to the 4/20/2020 column!</i></p> 	<p>Core</p> <p><i>Follow the link to complete today's workout:</i></p> <p>Abs Defined</p> <p>Leave a comment on this assignment Google Classroom to let me know what level you completed!</p>	<p>Upper Body</p> <p>Click the link below to follow along with the video and complete your workout:</p> <p>10min Upper Body Workout</p>	<p>Lower Body</p> <p><i>Follow the link to complete today's workout:</i></p> <p>killer-legs</p> <p>Leave a comment on this assignment Google Classroom to let me know what level you completed!</p>	<p>Recovery</p> <p>+</p> <p>Office Hours</p> <p><i>Join the Zoom Meeting between 1-2pm:</i> Click HERE</p> <p>Mtg ID: 441 131 620 Password: 023100</p> <p>Cool Down</p> <p>+</p> <p>Relax 5-Min Guide</p>
Daily BONUS Challenge <i>Convince a family member to complete it with you!</i>	1-Min Cardio Day 1	1-Min Cardio Day 2	1-Min Cardio Day 3	1-Min Cardio Day 4	1-Min Cardio Day 5
Cool Down <i>Do last</i>	Walk around your home or yard 5x		Go for a walk with a family member!		Go for a walk with a family member!
Accountability <i>Your Grade</i>	<i>Be sure to add your name and period in the description so I know who is posting</i>	Add this activity or another one of your choice to our PADLET	Add this activity or another one of your choice to our PADLET	Add this activity or another one of your choice to our PADLET	Add this activity or another one of your choice to our PADLET



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WEEK 2	Mon. 4/27	Tue. 4/28	Wed. 4/29	Thur. 4/30	Fri. 5/1
Target Muscle Group(s)	Cardio	Upper Body	Lower Body	Core	Fun Friday
Warm-Up Activity <i>Do 1st</i>	Home Alone	Burn Off or Just Dance - Bad Guy	The Extra Mile	Rascal	You choose your favorite warm-up from the week.
Focus Activity <i>Do 2nd</i>	Endurance and Agility + Complete Survey! Week 1 Survey **If you attended the Zoom meeting last Friday, you do NOT have to do this again**	Upper Body Upperbody (complete level 1 or higher)	Lower Body Intense 10min Lower Body Workout + Vocabulary #11 Endorphins In Google Classroom	Core 10min Abs Workout (follow the video)	Office Hours <i>To join our Zoom Meeting: Click HERE</i> Meeting ID: 997 3464 6348 Password: MsTpe2 <i>You can choose between 1pm or 1:30pm</i> Fun Friday UNO Fitness
Daily BONUS Challenge <i>Convince a family member to complete it with you!</i>	1-Min Cardio Day 6	1-Min Cardio Day 7	1-Min Cardio Day 8	1-Min Cardio Day 9	1-Min Cardio Day 10
Cool Down <i>Do last</i>	Walk around your home or yard 5x	Choose 5 flexibility stretches and hold each for 20seconds	Go for a walk with a family member!	Choose 5 flexibility stretches and hold each for 20seconds	7-11 Breathing
Accountability <i>Your Grade</i>	Add your daily activity to our PADLET	Add your daily activity to our PADLET	Add your daily activity to our PADLET	Add your daily activity to our PADLET	Add your daily activity to our PADLET



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WEEK 3	Mon. 5/4	Tue. 5/5	Wed. 5/6	Thur. 5/7	Fri. 5/8
Target Muscle Group(s)	Intro & Prep	Practice	Practice	Prepare & Tune In	#NationalFieldDay
Warm-Up Activity <i>Do 1st</i>	Click HERE to read the Announcement	Review Events 1-5	Review Events 6-10	Review Events 11-20	1-Min Cardio Day 14 & 15
Focus Activity <i>Do 2nd</i>	Complete Survey! Week 2 Survey **If you attended the Zoom meeting last Friday, you do NOT have to do this again** + Choose 1: Burn Off Home Alone The Extra Mile	Practice Choose 3 events to practice today from the Events 1-5 options. + Fill out the practice scorecard in Google Classroom	Practice Choose 3 events to practice today from the Events 6-10 options. + Fill out the practice scorecard in Google Classroom	Practice Choose 3 events to practice today from the Events 11-20 options. + Fill out the practice scorecard in Google Classroom	Meet <i>To join our Zoom Meeting: Click HERE</i> Meeting ID: 930 3891 3883 Password: MsTpe3 <i>You can choose between 1pm or 1:30pm</i> Compete in Events Choose 5 events to compete in & record scores in G.C.
Daily BONUS Challenge <i>Convince a family member to complete it with you!</i>	1-Min Cardio Day 11	1-Min Cardio Day 12	1-Min Cardio Day 13	Opening Ceremony <i>tune in at 4:30pm</i> or anytime afterward to view the live opening!	Review All events 1-20
Cool Down <i>Do last</i>	Find as many items as you can on this List of Materials	Find events 1-5 and watch the demos: Event Sample Videos	Find events 6-10 and watch the demos: Event Sample Videos	Find events 11-20 and watch the demos: Event Sample Videos	<i>Fill out your official scorecard in Google Classroom</i>
Accountability <i>Your Grade</i>	Add your daily activity to our PADLET	Fill out scorecard in Google Classroom And add to PADLET	Fill out scorecard in Google Classroom And add to PADLET	Fill out scorecard in Google Classroom And add to PADLET	Fill out scorecard in Google Classroom And add to PADLET



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WEEK 4	Mon. 5/11	Tue. 5/12	Wed. 5/13	Thur. 5/14	Fri. 5/15
Target Muscle Group(s)	Cardio	Upper Body	Full Body	Lower Body	Recovery
Warm-Up Activity <i>Do 1st</i>	The Extra Mile	Home Alone or Just Dance - 7 Rings	Burn Off	Rascal or Just Dance - Mi Gente	Hip-Hop - Warm-up Stretch OR Ju Jitsu - Beginner Warm-up
Focus Activity <i>Do 2nd</i>	Complete Survey! Week 3 Survey AND Choose one Cardio: Ju Jitsu - HIIT Cardio OR Hip-Hop - Cardio Burn	Strength Click the link below to follow along with the video and complete your workout: Body Weight Upper Body Workout	Full Body Vocabulary #12: Perseverance (In Google Classroom) AND Choose one: Ju Jitsu - Total Body Workout OR Hip Hop - Fit Workout	Strength Click the link below to follow along with the video and complete your workout: Body Weight Lower Body Workout	Meet for Challenge & Office Hours: <i>To join our Zoom Meeting: Click HERE</i> Meeting ID: 959 2796 5512 Password: MsTpe4 <i>You can choose between 1pm or 1:30pm</i>
Cool Down <i>Do last</i>	Walk around your home or yard 5x	Choose 5 flexibility stretches and hold each for 20seconds	Go for a walk with a family member!	Choose 5 flexibility stretches and hold each for 20seconds	Relax 5-Min Guide
Accountability <i>Your Grade</i>	Add your daily activity to our PADLET	Add your daily activity to our PADLET	Fill out worksheet in Google Classroom And add to PADLET	Add your daily activity to our PADLET	Add your daily activity to our PADLET
Daily BONUS Challenge <i>Convince a family member to complete it with you!</i>	1-Min Cardio Day 16	1-Min Cardio Day 17	1-Min Cardio Day 18	1-Min Cardio Day 19	1-Min Cardio Day 20



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WEEK 5	Mon. 5/18	Tue. 5/19	Wed. 5/20	Thur. 5/21	Fri. 5/22
Target Muscle Group(s)	Skills	Skills	Strength	Skills	Positions
Warm-Up Activity Do 1st	Super Abs	Home Alone or Just Dance - High Hopes	Banshee	Rascal or Just Dance - 24K Magic	Soccer: Positions OR Volleyball: Positions
Focus Activity Do 2nd	Choose 1: Soccer: 10min Ball Skills Drills OR Volleyball: 6 Ways to Practice at Home	Skills Volleyball: Serving for Beginners OR Soccer: Juggling for Beginners	Full Body Vocabulary #13: Leadership (In Google Classroom) AND Choose one: Soccer: Body Weight Workout OR Volleyball: 20min Workout	Skills 1000 Touch Skill Workout OR Volleyball: Drills	Meet for Challenge & Office Hours: To join our Zoom Meeting: Click HERE Meeting ID: 930 0614 7947 Password: MsTpe5 You can choose between 1pm or 1:30pm
Cool Down Do last	Cool Down	Go for a walk with a family member!	Quick Cool Down & Stretch	Walk around your home or yard 5x	Flexibility
Accountability Your Grade	Add your daily activity to our PADLET	Add your daily activity to our PADLET	Fill out worksheet in Google Classroom And add to PADLET	Add your daily activity to our PADLET	Add your daily activity to our PADLET
Daily BONUS Challenge Convince a family member to complete it with you!	1-Min Cardio Day 21	1-Min Cardio Day 22	1-Min Cardio Day 23	1-Min Cardio Day 24	1-Min Cardio Day 25



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