

## ***WESTSIDE Physical Education Alternate Learning Board~ April 6-9, 2020***

### ***NO Distance Learning April 10 & 13 Easter Break***

- Students should complete at least one of the listed home workouts **DAILY, UNLESS** their class gets a specific message from me on Dojo that day about an alternative activity
  - If there is a more specific activity posted on Dojo, it is then the student's choice if they would like to do a warmup activity from the options below
- Keep a log of activities completed, and date completed, on a separate sheet of paper, and when we return to normal learning it can be signed by a parent/guardian to let me know that the activities were completed during this time

***If you have questions about the assignments for engaged learning below, email or call the teacher***

***Educator offsite office hours of 9am-11am and 1:00-3:00pm. (Monday – Friday)***

**Physical Education:** Miss Christina (Tina) Winter: (605) 742-2204 or email [christina.winter@k12.sd.us](mailto:christina.winter@k12.sd.us)

School Office Phone (605) 698-7613 ext. 1

### **Grade 1 - Grade 5**

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b><u>Option 1</u></b></p> <p>Jumping Jacks for 20 seconds <i>Rest 10 seconds</i></p> <p>Mountain Climbers for 20 seconds <i>Rest 10 seconds</i></p> <p>Windmills for 20 seconds <i>Rest 10 seconds</i></p> <p>Squats/Frog Jumps for 20 seconds <i>Rest for 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 2</u></b></p> <p>Line Hops for 30 seconds <i>Rest 10 seconds</i></p> <p>Lunges for 30 seconds <i>Rest 10 seconds</i></p> <p>Shoulder Taps for 20 seconds <i>Rest 10 seconds</i></p> <p>Flutter Kicks for 60 seconds <i>Rest 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p>	<p style="text-align: center;"><b><u>Option 1</u></b></p> <p>“Jump Rope” for 60 seconds <i>Rest 10 seconds</i></p> <p>Sit-ups for 20 seconds <i>Rest 10 seconds</i></p> <p>Squat-Jumps for 20 seconds <i>Rest 10 seconds</i></p> <p>Plank Hold for 30 seconds <i>Rest 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 3 times</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 2</u></b></p> <p>Jumping Jacks for 30 seconds <i>Rest 10 seconds</i></p> <p>Push-ups for 20 seconds <i>Rest 10 seconds</i></p> <p>Flutter Kicks for 60 seconds <i>Rest 10 seconds</i></p> <p>Squats/Frog Jumps for 20 seconds <i>Rest 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p>	<p style="text-align: center;"><b><u>Option 1</u></b></p> <p>Frog Jumps for 20 seconds <i>Rest 10 seconds</i></p> <p>Run in place for 30 seconds <i>Rest 10 seconds</i></p> <p>Cross-Jacks for 20 seconds <i>Rest 10 seconds</i></p> <p>Scissor Swings for 20 seconds <i>Rest for 10</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 2</u></b></p> <p>Line Hops for 30 seconds <i>Rest 10 seconds</i></p> <p>Lunges for 30 seconds <i>Rest 10 seconds</i></p> <p>Shoulder Taps for 20 seconds <i>Rest 10 seconds</i></p> <p>Flutter Kicks for 60 seconds <i>Rest 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p>	<p style="text-align: center;"><b><u>Option 1</u></b></p> <p>Jumping Jacks for 30 seconds <i>Rest 10 seconds</i></p> <p>Push-ups for 20 seconds <i>Rest 10 seconds</i></p> <p>Flutter Kicks for 60 seconds <i>Rest 10 seconds</i></p> <p>Squats/Frog Jumps for 20 seconds <i>Rest 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 2</u></b></p> <p>Jumping Jacks for 20 seconds <i>Rest 10 seconds</i></p> <p>Mountain Climbers for 20 seconds <i>Rest 10 seconds</i></p> <p>Windmills for 20 seconds <i>Rest 10 seconds</i></p> <p>Squats/Frog Jumps for 20 seconds <i>Rest for 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p>	<p style="text-align: center;"><b><u>Option 1</u></b></p> <p>“Jump Rope” for 60 seconds <i>Rest 10 seconds</i></p> <p>Sit-ups for 20 seconds <i>Rest 10 seconds</i></p> <p>Squat-Jumps for 20 seconds <i>Rest 10 seconds</i></p> <p>Plank Hold for 30 seconds <i>Rest 10 seconds</i></p> <p style="text-align: center;"><b>Repeat 3 times</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 2</u></b></p> <p>Frog Jumps for 20 seconds <i>Rest 10 seconds</i></p> <p>Run in place for 30 seconds <i>Rest 10 seconds</i></p> <p>Cross-Jacks for 20 seconds <i>Rest 10 seconds</i></p> <p>Scissor Swings for 20 seconds <i>Rest for 10</i></p> <p style="text-align: center;"><b>Repeat 4 times</b></p>