**Week Of April 20-25**

**Physical Education Activities**

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| **Monday**: Cardiovascular Endurance | Complete the Fortnite Tabata workout! <https://www.youtube.com/watch?v=0kvyBApinGU>Can you write your own? Choose exercises you are comfortable with and can execute with correct form. Remember a Tabata workout is: a 4-minute workout that includes **20 seconds** of an exercise followed by **10 seconds** of rest. You repeat this cycle 8 times for a total of 4 minutes for a very short, very intense workout. |
| **Tuesday:** Flexibility | Why is stretching important? Benefits of Stretching* Prevent injuries.
* Recovery after exercise.
* Maintain flexibility into adulthood.
* Agility
* Reduced muscle tension
* improved joint health and range of motion
* Increased blood flow to the muscles
* Stretching feels good

Follow along to this video and complete the stretches! Try going through it twice. <https://www.youtube.com/watch?v=n2KCmzbZtak> |
| **Wednesday:** Muscular Strength and Endurance | Begin today by watching the video below. It features a coach teaching a couple students how to complete different movements that will improve your muscular strength and endurance. After watching, set up an area to practice the movements. This can be done inside or outside! <https://www.youtube.com/watch?v=LN39MfLto20> |
| **Thursday**: Nutrition | Wolves! Watch this video to review some key points about the importance of Nutrition! <https://www.youtube.com/watch?v=mMHVEFWNLMc>Next pick at least 3 videos to help familiarize you with the different food groups that you feel you want to know more about! Pay attention to the Vitamins and Minerals that each group provides your body with and how they help you grow. Fruits and Vegetables:<https://www.youtube.com/watch?v=kteZneJm1EI>Dairy: <https://www.youtube.com/watch?v=fNH9IVLWtZs>Protein:<https://www.youtube.com/watch?v=KSKPgaSGSYA>Carbohydrates: <https://www.youtube.com/watch?v=Vhtyup4OoQk> |
| **Friday:** Muscular Strength and Endurance  | It’s Friday!! So let’s move and groove! Pick at least 2 Videos from below to complete. Remember to have fun! Dance Monkey:<https://www.youtube.com/watch?v=eieECMWPBvQ>Cheap Thrills:<https://www.youtube.com/watch?v=YGDKB5iKXXM>Hey Look Ma.. I made it! :<https://www.youtube.com/watch?v=U5H0f0m3gZI>BOOM!: <https://www.youtube.com/watch?v=XVzzGAvcKn4> |

As always more resources can be found at [www.3oakspe.weebly.com](http://www.3oakspe.weebly.com).

Email any questions to Njjensen@vbschools.com.

Each week a new video will be sent out. If you missed one take a look back at <https://www.youtube.com/channel/UC-gIFpEsOJRMZYrH7fNmepw>.

As always get your 60 minutes of physical activity each day!