

Fitness and Health – Harmer – Week of May 11th- May 15th

Reminders

- Everything is TEAMS! Workouts and Assignment is under the “Assignment” tab!
- Don’t forget about your Thursday Video check in: 1:00pm – 1:20pm OR 1:30pm – 1:50pm
- Please turn in your PE assignment every Friday.
- Grading: Completing the workout and assignment is worth 5 points a day. 25 total for the week.

Mon May 11th: Please complete this workout and then answer the questions.

[Workout Video Here](#)

1. What was your favorite part of the workout?
2. What was your least favorite part?
3. What component of fitness did you use the most?

Tues May 12th: Please complete this activity and then answer the questions.

[Activity video here](#)

1. What did you use to juggle with?
2. Were you able to juggle with 2 items? How about 3 items?
3. Did you enjoy learning to juggle?

Wed May 13th: Please pick one activity (below) to do for 15 minutes and then answer the questions.

Pick from: Play basketball, go for a walk, go for a jog, ride your scooter, skateboard, or bike.

1. What did you pick to do?
2. How did you feel during the activity?
3. What component of fitness did you use?

Thurs May 14th: Please do this quick one-minute challenge and answer the questions.

[One-minute video](#)

1. How many were you able to do?
2. Did you try to beat your score?
3. What component of fitness is this?

Fri May 15th: You can choose any activity or exercise you want for at least 15 minutes!

1. What did you pick to do?
2. How did you feel during the activity?
3. What component of fitness did you use during the activity?