**April 20-24 PANDEMIC PE – WEEK #3 Course: PHE 9 / Active Living**

**Big Ideas**

**Daily participation in different types of physical activity influences our physical literacy and personal health and fitness** **goals**

**Healthy choices influence our physical, emotional, and mental well-being**

**Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.**

 (Taken from BC PE 8/9 Curriculum - <https://curriculum.gov.bc.ca/curriculum/physical-health-education/8>)

I hope learning the game of Cribbage happened at some of your houses this week. It is a fun way to pass some time and hang out with other members of your isolation crew. As we move into week three of Pandemic PE, I think we need to consider our overall health, and that includes our **physical, emotional, and mental well-being.** .

The following BBC article is a quick read that outlines some of the choices that you can make to ensure that you maintain your mental health in the weeks ahead. Have a quick read and I would like you to try to implement one or two of the strategies outlined in the article and add them to your weekly report.

https://www.bbc.com/news/health-51873799

If you want to read further, the government of Canada also has some good resources on coping with Covid 19 that are aimed towards teens at <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

I checked out some of the stress relievers on the Canadian website and, I think, the **Vent It: Baseball** increased my stress levels more than decreased them!

The Nike App has eliminated the four-week programs that we were completing during our pandemic time. This give us an opportunity to now look around the app and choose some workouts we would like to do. The workouts for Monday, Wednesday, and Friday should be strength workouts. To find a list of their different strength workouts to Workouts/Workout Type/ Strength and choose from the beginner and intermediate workouts. I have a Youtube link on my website in which I took a video of me navigating the app to find these workouts if you are having trouble (<https://www.youtube.com/watch?v=LRCUfRDlBHc> ). Be sure the workout that you have chosen has exercises for all of the below movement patterns and have fun.

* 1. Knee dominant flexion (for example the squat or lunge);
	2. Hip dominant flexion (for example the airplanes in the Nike app, along with the glut bridge and bird dogs);
	3. Core Stabilization (and hip rotation as well?)
	4. Push exercises (such as push ups)
	5. Pull exercise (see my video from last week if necessary)

Feel free to complete the mobility and endurance workouts for your exercise on Tuesdays and Thursdays. Use your common sense, and if you are getting too tired, make either Tuesday or Thursday a day of low-key cardio like walking the dog.

**Warm Up:** always be sure to warm up before you do any sort of activity to reduce/prevent injury.

0:30 sec high knee march

0:30 sec butt kicks

0:30 open the gate

0:30 close the gate

0:30 shuffle step each direction

0:30 jog in place

0:30 hip lifts

0:30 modified push ups

0:50 bird dog

No access to the app, no problem. Please complete the following workouts:

Day #1 - Monday April 13 Day #2 - Wednesday Day #3- Friday, April 17

|  |  |  |
| --- | --- | --- |
| Runner Stability – Workout 4- Go through 3 times | Mr. Kuc’s Workout Extraordinaire – 12 reps or MMF X 2 | Best Foot Forward –Workout 6- Through 3 times |
| Squats: 1:00 | Bench Press if weightsPushups if no weights  | Kneeling Dumbbell Press – Left Arm- :20 |
| Airplanes – Left Leg – :30 | Lat Pulldown if weightsInverted row if no weights | Kneeling Dumbbell Press – Right Arm- :20 |
| Airplanes – Right Leg - :30 | Lunges | Split Squats- R Leg -:20 |
| Bird Dog –R Leg, L arm X10 | One arm Rows – weights or backpack | Split Squats – L Leg – :20  |
| Bird Dog –L Leg, R arm X10  | Chest Flyes with weight or band No weights – pushups again! | High Plank Front - :30 |
| Dead Bugs 1:00 | Squats | Airplanes – Right Leg - :30 |
| Forward Lunges – Alternating1:00 | Lateral Shoulder Raise – weight, band, or backpack | Airplanes – Left Leg – :30 |
| Runner Touches-R leg -:40 | Glut Bridge | High Plank – R Side - :30 |
| Runner Touches –L Leg - :40 | Planks – Front and Side | High Plank – L Side - :30 |
| One Arm Row with backpack- 10 each arm | Airplanes | Reverse Lunges: 40 |
| Reverse Lunge – Alternating 1:00 |  | One Arm Row backpack- :30 seconds each arm |
| Front Plank- 20 seconds  |  | Marching Glut Bridge: :40 |
| Side Planks- 20 seconds |  |  |
| Glut Bridge – 20 seconds per leg |  |  |
| Full Sit up – 1:00 |  |  |

**How do I get marked for this?**

Same as last week.

**The minimum basic requirement** is that you complete five days of activity, ideally with a strength workout Monday, Wednesday, and Friday, and cardio on Tuesday and Thursday.

Friday you will send me an email to **tkuc@sd57** with the subject line: Your Name-Self Evaluation Week Three- April20-24.

In the email you will write down what you did each day of the week for activity, and any barriers, suggestions, comments that you would like to include. REMEMBER TO INCLUDE STRATEGIES TAKEN TO MAINTAIN YOUR MENTAL WELL-BEING.

Questions? Send them to my email and I will reply promptly.