

PHYSICAL EDUCATION

LINCOLN HIGH SCHOOL

Assignment # 16 - Move It May: Week 4

Instructions:

This Week's MOVE IT MAY activities







28 body weight squats



Instruction on this exercise can be found in your previous assignment.

Do: 2 sets of 25 crunches rest for 45 sec. between sets. ******

Tip: To ensure
proper form you can
ask someone to hold
your feet on the
ground if you find
them lifting off the
ground.

We are going to replace this with the SWIMMING exercise, instruction on this exercise can be found in your previous assignments.

Do: 3 sets of 26 flutters rest for 30 sec. between sets ******

Equipment: No need for bathing suit or swim floaties.

27 almonds are a little more than a serving size. If you don't have almonds any other nuts / peanut butter will do.

Almonds contain lots of healthy fats, fiber, protein, magnesium and vitamin E.

The health
benefits of
almonds include
lower blood sugar
levels, reduced
blood pressure
and lower
cholesterol levels.
They can also
reduce hunger and
promote weight
loss.

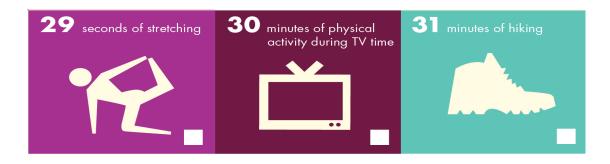
Instruction on this exercise can be found in your previous assignment.

Do: 2 sets of 28 squats rest for 30 sec. between sets

Tip: You may want to use a full-length mirror to monitor your squat form.

Stand perpendicular to the mirror and watch to make sure your butt drops below your knees while keeping the knees behind your toes.

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Instruction on this exercise can be found in your previous assignment.

Do: Any 3 Stretcheshold each for 29 seconds rest for 30 sec. between sets.

Did You Know:

Stretching is a great
way to stay in shape,
become more
flexible and relieve
sore muscles. It also
helps relieve stress,
anxiety, improve
digestion, soothe
headaches and
improve your overall
health.

Replace your favorite show with a workout.

Couch Potato: is someone absorbed in television who vegetates on the couch. This term started to be used in the late 1970's. We now would say binge watching.

GO OUTSIDE! Get outside and walk. Please maintain social distancing. If you can find hills better!

Do: walk for 31 minutes

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JOURNAL:

Student Name:

Monday 25th: Crunches

2 sets – 25 crunches – rest for 45 sec. between sets

Start time: Finish time:

Was that exercise: Easy/ Medium / Hard

Tuesday 26th: Swimming -

3 sets – 26 flutters – rest for 30 sec. between sets

Start time: Finish time:

Was that exercise: Easy/ Medium / Hard

Wednesday 27th: Almonds

Eat 27 almonds, or a serving size of any nut or even peanut butter.

Log what you ate below:

Thursday 28th: Squats

2 sets of 28 squats- rest for 30 sec. between sets

Start time: Finish time:

Was that exercise: Easy/ Medium / Hard

JOURNAL:

Friday 29th: Stretching

3 stretches - hold each for 29 seconds - rest for 30 sec. between sets.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Saturday 30th: Workout

Do one past workout from the activity logs instead of watching T.V.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Sunday 31st: Hike

Get outside and walk for 31 minutes.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Parent / Guardian Signature: