



PHYSICAL EDUCATION


LINCOLN HIGH SCHOOL

Assignment # 16 – Move It May : Week 4

Instructions:

This Week’s MOVE IT MAY activities

25 crunches




26 minute water workout



27 almonds



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.

29 seconds of stretching



30 minutes of physical activity during TV time



31 minutes of hiking



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

Do: Any 3 Stretches- hold 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.

Do: Go back on the past assignments and choose one workout from the activity logs.

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

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:
