

## Remote Learning Packet

*NB: Please keep all work produced this week. Details regarding how to turn in this work will be forthcoming.*

**March 30 - April 3, 2020**

**Course:** Physical Education

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### **Weekly Plan:**

Monday, March 30

Writing Assignment

Workout

Tuesday, March 31

Writing Assignment

Workout

Wednesday, April 1

Writing Assignment

Workout

Thursday, April 2

Writing Assignment

Workout

Friday, April 3

Reflection

Workout

### **Statement of Academic Honesty**

I affirm that the work completed from the packet is mine and that I completed it independently.

I affirm that, to the best of my knowledge, my child completed this work independently

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Student Signature

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Parent Signature

## Monday, March 30

**Reflection:** During this time when you are not in class our expectations of you are significantly less. For Middle Schoolers we are only demanding 15 minutes of work per day and for High Schoolers only 20. Our focus in this time will be overwhelmingly on maintaining a foundation in mobility and cardiovascular wellness. We expect you to fulfill our expectation for each day and maintain your fitness. But you are not limited by our expectations! Throughout this first week of transition we will ask you to complete several writing assignments. The purpose of these is to help you think about and define what your expectations will be for yourself. You may find this process difficult but don't give up!

Write all of your answers neatly using proper grammar and punctuation! As you go through the week you will write all of your answers on the same sheet(s) of paper. All of these writing assignments will eventually be graded for completion and effort.

**Writing Assignment:** What fitness/movement goals do you have for yourself? Come up with at least three. Feel free to think big here. In the coming days we'll ask you to think very specifically. For today be realistic but don't worry too much about coming up with a plan. Maybe you want to Bench Press your bodyweight for reps, achieve optimal extensibility through all soft tissue, run a marathon, be pain free, hold a handstand for a full minute, correct your resting squat or do your first strict pushup, develop sport specific skills, etc. Take your time and be sure you pick three things that you are really interested in! If you find yourself still unsure of what goals to have, or generally lacking inspiration, think back to some of the fundamentals we have covered in class (pushups, back bridge, squat etc.). Everything for the coming week will depend on these chosen goals. Write one short paragraph defining them.

**Workout:** Jog 10 meters, 6 squats, jog back, 6 lunges, repeat for 5 minutes

## Tuesday, March 31

**Writing Assignment:** Yesterday we came up with at least three general goals. Today you are going to break these goals down into a chart of General and Supplementary Training Categories. General Training Categories are fairly straightforward. If you want to run a marathon your general training category is distance running. If you want to deadlift double your bodyweight your general training category is whole body strength. Supplementary Training Categories might be more confusing. Just think of them as any type of training that doesn't directly fit into your primary training category but will either help you to stay healthy or will allow you to achieve your goal more quickly. For a lot of our Primary Training pursuits, recovery is an absolutely critical supplemental form of training. Now for example, if I chose marathon, bench pressing my bodyweight for reps, fixing my resting squat, increasing my soccer skills, and performing a strict pushup in yesterday's exercise, my assignment today would look like this:

|                       |                                   |  |
|-----------------------|-----------------------------------|--|
| <b>Training Goal:</b> | <b>General Training Category:</b> | <b>Supplementary Training Categories</b> |
|-----------------------|-----------------------------------|--|

|                         |   |   |
|-------------------------|---|---|
| Running a marathon      | Distance running                                    | Recovery, speed work, strength  |
| Bench press bodyweight  | Upper body pushing strength                         | Recovery, upper body pulling strength   |
| Fix resting squat       | Lower body mobility (triple flexion)                | Lower Body Extension, Mobilization of specific problem areas (ankles, lower back, etc.) |
| Increase soccer skills  | Speed, Agility, Endurance, Dribbling, Kicking Power | Watching Soccer Games, Recovery from Speed, Agility, and Endurance Work                 |
| Perform a strict pushup | Upper body pushing strength                         | Crawling, core strength, pulling exercises  |

**NOTE:** If you find this assignment confusing and difficult, don't give up! We will flush these ideas out more tomorrow and the next day.

**Workout:** Bear Crawl 5 meters, perform 1-3 pushups, Crab Walk back, repeat for 5 minutes

## Wednesday, April 1

**Writing Assignment:** Today we're going to convert those General and Supplementary categories of training into specific exercises. We're still not coming up with a daily/weekly plan. All we're doing today is listing the exercises that would help us accomplish the goals we're interested in. If you felt like yesterday's assignment was difficult hopefully today's will be clarifying as it will make yesterday's work more specific. Your work should look like this chart:

| General Category   | Exercises                                    | Supplemental Category                       | Exercises  |
|--|--|---|--|
| Distance Running   | Running increasing distances/times           | Recovery                                    | Pre-workout dynamic flexibility warmup, rolling out and static stretching primary muscle groups  |
| Upper Body Pushing Strength (This general category applies to the bench press and the strict pushup) | Bench press, pushups, slam ball throws, etc. | - Recovery<br>- Upper Body Pulling Strength | - Warmups and cooldowns with focus on shoulder mobility (shoulder screws, light crawling, rolling out, etc.)<br>- Pullups, bent over row |
| Lower Body Mobility (triple flexion)   | Resting Squat (heels elevate or holding onto | - Lower Body Mobility (extension, rotation, | - Resistance band hip mobility complex, split  |

|                        |   |   |   |
|------------------------|---|---|---|
|                        | something and leaning back depending on how bad my mobility is) | adduction, abduction)<br>- Mobilization of specific problem areas | squats, lunges,<br>- Roll out (foam roller or lacrosse ball) and static stretch calves, hamstrings, and lower back; draw the alphabet in the air with toes of each foot |
| Increase Soccer Skill: |   |   |   |
| - Speed                | Sprints, sprint technique drills                                | Recovery  | - Roll out (foam roller or lacrosse ball) and static stretch calves, hamstrings   |
| - Agility              | Ladder drills   | Recovery  | - Roll out (foam roller or lacrosse ball) and static stretch calves, hamstrings   |
| - Endurance            | Distance Running  | Recovery  | - Roll out (foam roller or lacrosse ball) and static stretch calves, hamstrings   |
| - Dribbling            | Dribbling drills / games  | Watching Soccer Games   |   |
| - Kicking Power        | kicking   | Watching Soccer Games   |   |

**Workout:** 5 minute run

## Thursday, April 2

**Writing Assignment:** Today we'll start building a weekly schedule. How good this weekly schedule is and whether or not you stick to it will determine the results you get. This does not mean that you can't amend this schedule over time, though. Consider what you write down today a rough draft. All we need to do today is choose what to do on each day of the week and how long to do it/how many repetitions of it to do. Keep in mind that some things you can probably do every day because they're pretty easy on the body (recovery, work on a resting squat, etc.) but others put a lot of strain on the body and should be done less frequently (weightlifting, distance running, etc.). Here's an example of what it might look like:

|        |        |         |           |          |        |          |
|--------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|

|      |  |  |   |  |   |   |
|------|--|--|---|--|---|---|
| Rest | -Morning Pushup set<br>- Resting Squat<br>- Light Run<br>- Lower body workout (wind sprints, lunges, split squats, agility ladders, squats, resistance band hip complex) | -Morning Pushup set<br>- Resting Squat<br>- Upper Body Strength (Bench press, Bent Over Row, Pullups)<br>- Dribbling and kicking soccer ball | -Morning Pushup set<br>- Resting Squat<br>- Recovery (roll out & stretch shoulders/back/quads/hamstrings/calves/glutes) | -Morning Pushup set<br>- Resting Squat<br>- Upper Body Strength (Bench press, Bent Over Row, Pullups)<br>- Dribbling and kicking soccer ball | -Morning Pushup set<br>- Resting Squat<br>- Lower body workout (wind sprints, lunges, split squats, agility ladders, squats, resistance band hip complex) | - Resting Squat<br>- Long Run<br>- Whole body recovery session while watching a soccer game |
|------|--|--|---|--|---|---|

**Workout:** 30 second plank, 10 squat jumps, bear crawl about 5 meters, jog back, do 2 to 5 pushups - REPEAT x 5

### Friday, April 3

**Reflection:** Developing your own routines is a very difficult and complex task. But with the work you've done this week and everything you've learned in class you do have the tools to stay in shape and make progress without the benefit of full Physical Education classes and a coach that is always there to help you. Remember this, though: you have always been the only one who is capable of getting you in shape and healthy. Everybody else can only help at best.

Going forward we will be available to help you build your routines. But don't forget that they belong to you. They are your project. Who do you want to be? What do you love to do? The workouts that we will be assigning will generally be shorter, relatively easy, and aimed at maintaining general fitness and mobility. Naturally we'll have to throw in a few challenging workouts here and there for fun. But it will be your decisions by far that most impact your growth in the coming weeks. We wish you all the best during these strange times and we're excited to see what you can do when you take responsibility for your own fitness.

Lastly, if you feel that you were unsuccessful in defining goals, categorizing those goals, finding exercises to develop, and creating routines containing those exercises, that is okay. The process is valuable. If you feel that it was unsuccessful, be patient with yourself and feel free to reach out to one of your coaches for help.

**Workout:** Come up with something for yourself, preferably outside.