

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: 9 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

Student Signature

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:

Training Goal:	General Training Category:	Supplementary Training Categories
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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 - Upper Body Pulling Strength	- Warmups and cooldowns with focus on shoulder mobility (shoulder screws, light crawling, rolling out, etc.) - 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) - Mobilization of specific problem areas	squats, lunges, - 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
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Rest	-Morning Pushup set - Resting Squat - Light Run - Lower body workout (wind sprints, lunges, split squats, agility ladders, squats, resistance band hip complex)	-Morning Pushup set - Resting Squat - Upper Body Strength (Bench press, Bent Over Row, Pullups) - Dribbling and kicking soccer ball	-Morning Pushup set - Resting Squat - Recovery (roll out & stretch shoulders/back/quads/hamstrings/calves/glutes)	-Morning Pushup set - Resting Squat - Upper Body Strength (Bench press, Bent Over Row, Pullups) - Dribbling and kicking soccer ball	-Morning Pushup set - Resting Squat - Lower body workout (wind sprints, lunges, split squats, agility ladders, squats, resistance band hip complex)	- Resting Squat - Long Run - Whole body recovery session while watching a soccer game
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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.