

Remote Learning Packet

There is no need to submit this packet at the end of the week. Enjoy your summer break!

Week 9: May 25-29, 2020

Course: Physical Education

Teacher(s): John.Bascom@GreatHeartsIrving.org

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Monday, May 25

Happy Memorial Day! No School!

Tuesday, May 26 - Friday May 29

Dearest students,

The year is coming to a close and the summer is almost upon us. For your final week of P.E., before the year officially ends, we want you to begin looking ahead to the summer and to begin setting goals and outlining routines that you would like to continue throughout the summer to stay active, healthy, and continue to grow and develop.

Think back to the goals that you set in week 1 of remote learning, think over what you have learned through attempting to carry out these routines, think about the workouts that we have given you each week. With all this in mind, write down on a piece of paper a revised list of goals and a revised weekly schedule. These are your goals and this is your schedule, they can be exactly the same or completely different as your previous goals/schedule. Feel free to aim high or to keep your goals/schedule very simple and manageable. Be sure to consider how much or how little you wish to do and then consider what the consequences of your choices will be.

Once you have written down your goals and your schedule, find a prominent place to post this schedule, maybe above your desk or on the back of your bedroom door. Put it in a place where you will see it frequently.

Your coaches wish for you a joyful summer and we look forward to seeing you again in the fall.

Stay savage.

Mr. John Bascom

Mr. James Bascom

Mr. Joseph Turner