

PE: Weight Training, Physical Conditioning, Lifetime Sports, and Recreational Games

Asynchronous: January 21, 2025

Instructions: Use the resources and assignments from the previous weeks to assist you if necessary (teacher's page from the school website: staff & departments, Thomas, D., 24-25 Assignments or Weight Training 2024-25).

1. Workout for at least 20 minutes and explain/list the exercises, including the number of reps, sets, and/or amount of time for each exercise
 - a. You should have at least 6 different exercises overall including upper & lower body exercises
 - b. Example:
 - i. Part I (you should know the terminology we use instead)
 1. Jump rope 3 minutes (if you do not have a jump rope, you won't do this)
 2. Stretch, arms & legs (3 stretches each holding for 15 seconds)
 - ii. Part II
 1. Volleyball wall bumps 2 minutes moving left to right
 2. Volleyball wall sets 2 minutes moving left to right
 3. Volleyball hit practice net approach 100 times (about 5 minutes)
 - iii. Part III.
 1. Lunges, arm circles, tuck jumps, squats, pushups 2 x 8
 2. stretch arms & legs stretches holding for 20 minutes each (4 stretches arms & 4 for legs)
 - iv. Part IV. There are four of the five components that are addressed in this workout which are 1. _____ 2. _____ 3. _____ 4. _____ because I _____.
2. CREATE a video (it can be a highlight at least 1.5 minutes) of you working out demonstrating at least 3 of the exercises including the three phases of a workout and explaining at least two of the five components of fitness that are emphasized explaining how/why.
3. If you cannot do a video, create a PowerPoint, but still including the required information using images and/or videos
 - a. Use voiceover by using the record option that is usually at the top right-hand corner of the PowerPoint (to record your voice while you explain)
4. Upload your video or PowerPoint in Canvas