

Mr. Hendry's Physical Education at Home Physical Fitness Packet – Week 3

In the event students need to stay home for an extended period of time, I have developed "at home" assignments that will allow the students to continue developing their fitness and physical literacy to earn their PE credit.

Each packet is divided into weeklong units which will include workouts on the mobile app Strava, YouTube and the Internet. Just like in class- each day is worth 10 points, therefore each week is worth 50 points, except you will have 7 days to complete 5 days of work. Each packet will need to be turned in to Mr. Hendry as soon as possible. They can be emailed to him at Paul.Hendry@k12.sd.us or turned in when we get back to school.

If the student does not have access to Strava, YouTube or the Internet they can see Mr. Hendry for hard copy handouts which can either be picked up or emailed. Contact Mr. Hendry by email if necessary or through Remind. (Paul.Hendry@k12.sd.us). There are alternatives to Strava workouts on the next few pages if a student does not have access to a smartphone but they will require a parent/guardian signature.

Students will need to have a smartphone to complete a minimum of 30 minutes of "continuous" outdoor activity, recording their workout using Strava. Although there are many different activities that Strava will record on your phone- we will only accept the following activities: running and/or walking (outdoors), biking (road or mountain), hiking and snowshoeing. If you have a smartwatch with Strava such as an apple watch, swimming and strength training workouts such as CrossFit may also be used as well.

Strava needs to know your location and track you using GPS, therefore you should have your parent/guardian's permission to use this app and you will need to be in a location that allows for GPS tracking such as outdoors. We also strongly recommend that you never workout alone, find a friend or family member who can join you.

Workouts that are completed using YouTube and/or the Internet will require either a cell phone, iPad, computer or other device that can access these sites.

For some of the health-related assignments at the end of each week you will also need access to either the Internet or YouTube.

These packets can be found on Mr. Hendry's website and will also be sent out on Remind. Mr. Hendry's website is located here: www.CoachHendry.com and to get Remind messages – for Weight Training classes – send this text: **@shslift** to this number: **81010**. For Cardio classes – send this text: **@shscardio** to this number: **81010**.

Week 3 - at Home Fitness (March 30 - April 3)

Day 1 - Cardio Workout:

Complete an approved outdoor workout, recording it on Strava. You will need to complete at least 30 minutes. If you cannot use Strava than do a 30-minute workout from [Heather Robertson](#).

Outdoor Activity: _____

(Approved outdoor activities are walking, running, biking, hiking or snowshoeing)

Workout Date: _____ **Length of workout:** _____

Title your workout: _____

(Be specific with your title including your location - examples: "Running at Sioux Park", "Hiking on M-Hill")

Signature of parent/guardian who can verify your workout: _____

Day 2 - Cardio-Strength Workout:

Complete the "Fat Burning Hiit Cardio Workout" by Fitness Blender on YouTube. Click "[here](#)" to access the workout.

Name of Workout: _____

Workout Date: _____ **Length of workout:** _____

Signature of parent/guardian who witnessed your workout: _____

Day 3 - Cardio Workout:

Complete an approved outdoor workout, recording it on Strava. You will need to complete at least 30 minutes. If you cannot use Strava than do a 30-minute workout from [POPSUGAR](#).

Outdoor Activity: _____

(Approved outdoor activities are walking, running, biking, hiking or snowshoeing)

Workout Date: _____ **Length of workout:** _____

Title your workout: _____

(Be specific with your title including your location - examples: "Running at Sioux Park", "Hiking on M-Hill")

Signature of parent/guardian who can verify your workout: _____

Day 4 – Cardio-Strength Workout:

Complete the "15-Minute at Home Bodyweight Strength Workout" by Bodybuilding.com on YouTube. Click "[here](#)" to access the workout.

Name of Workout: _____

Workout Date: _____ Length of workout: _____

Signature of parent/guardian who witnessed your workout: _____

Day 5 – Cardio Workout:

Complete an approved outdoor workout, recording it on Strava. You will need to complete at least 30 minutes. If you cannot use Strava than do a 30-minute workout from [Fitness Blender](#).

Outdoor Activity: _____

(Approved outdoor activities are walking, running, biking, hiking or snowshoeing)

Workout Date: _____ Length of workout: _____

Title your workout: _____

(Be specific with your title including your location - examples: "Running at Sioux Park", "Hiking on M-Hill")

Signature of parent/guardian who can verify your workout: _____

What if you could?

Click "[Here](#)" to watch the YouTube video and then write about 5 things you learned:
