

## Week 7 Lesson Plans: May 4 - 8

Thank you for completing the surveys from last week. After reading them, I was able to get a pretty good feel for how everyone is doing in online PE. We had a large portion of students who expressed that they liked creating their own workouts and we had a large portion of students who liked following along with the videos. I have decided to give you either option for this week.

**Directions:** Each student will complete a 20-30 minute workout for each day of the week. If you liked some of the workouts that you did in previous weeks, you can use those again. If you would like to create your own, feel free to do so. (For example: you can use the videos from previous weeks/or use a different video if you have one you like - I know many of you like following along with an instructor **OR** you can create your own workout). Please list what you did and how you felt after each workout.

Here are links to two 20 min videos:

<https://www.youtube.com/watch?v=4sxcFJaQhJI&t=26s>

<https://www.youtube.com/watch?v=yF4B0OPAOJY>

### Monday, May 4th

Workout that you completed:

How you felt after workout:

### Tuesday, May 5th

Workout that you completed:

How you felt after workout:

### Wednesday, May 6th

Workout that you completed:

How you felt after workout:

### Thursday, May 7th

Workout that you completed:

How you felt after workout:

### Friday, May 8th

Workout that you completed:

How you felt after workout: