

ST LEOS SCHOOL PE

Hello St. Leo's School students! It is your one and only PE teacher here Mr. T bringing your weekly physical activity and assignments. I hope you all are staying active and healthy!!!



Grades: Pre k – 2nd

Please watch and follow along with the dance videos. Answer the following questions and email to ataboadela@stleosschool.org.

<https://www.youtube.com/watch?v=FP0wgVhUC9w>

<https://www.youtube.com/watch?v=ymigWt5TOV8>

- 1) Which of the videos did you like the best?
- 2) Did you find the dancing videos fun?
- 3) What was your favorite dance move?



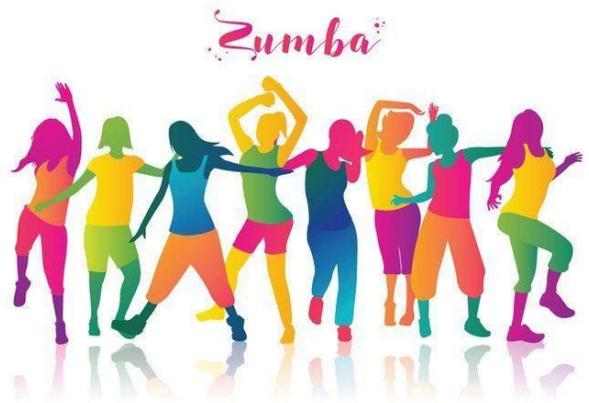
Grades: 3rd – 4th

Please watch and follow along with the dance videos. Answer the following questions and email to ataboadela@stleosschool.org.

<https://www.youtube.com/watch?v=RoYxG0avSfY>

<https://www.youtube.com/watch?v=388Q44ReOWE>

- 1) Which of the videos did you like the best?
- 2) Did you find the dancing videos fun?
- 3) What was your favorite dance move?



Grades: 5th – 8th

Complete both assignments below: **Zumba, Fitness logbook**

Please watch the video below and complete the Zumba Exercise. Email all answers to ataboadela@stleosschool.org.

<https://www.youtube.com/watch?v=-VXhoeaxxi0>

- 1) What is Zumba?
 - 2) What exercises did you like within the video?
 - 3) What muscles do you think got the best workout?
 - 4) Do you think Zumba is a good way to stay healthy?
- *Note you can use this in your fitness log



This week's Fitness logbook

Directions: You must come up with list of different exercises and complete the exercises listed. Two logbooks will be made one for **Cardio/Aerobic** exercises and one for **Muscular Strength** exercises. You will then show your exercises along with the corresponding objectives. Make sure you do not confuse a cardio exercise with a muscular strength exercise. If you do not remember the difference between the two, make sure to do a little research. Answer the questions that follow and submit them via email ataboadela@stleosschool.org

Below explains what each objective means along with examples:

- 1) Exercise = the workout you have chosen
Example: Running
- 2) Time/distance = How much time did it take you / How far you went
Example: For 5 minutes. For 1 mile.
- 3) Intensity = How hard you are working on a scale of (1-10)
Example: 7 out of 10

Aerobic/Cardio

Exercises:	Time/distance:	Intensity (1-10):
Example* Running	1 mile	7 out of 10

Below explains what each objective means along with examples:

- 1) Exercise = The workout you have chosen
Example: Push ups

- 2) Sets/Reps = The number of cycles you complete a rep of/ How many you do of an exercise
Example: 3 sets of 15 reps of push ups
- 3) Weight = How heavy you are lifting (You can choose not to use weights if you do not have them just put N.A in the weight box)
- 4) Rest = The break in between each set of exercises/reps
Example: 30 sec break

Strength

Exercises:	Sets/Reps:	Weight:	Rest
Example* Pushups	3 sets of 15	N/A	30 seconds rest