

# 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 that you are doing well and please wish your mother a Happy Mother's Day!



## Grades: Pre k – 4<sup>th</sup>

Complete the exercise videos below and answer the following questions

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

- 1) What was your favorite exercise?
- 2) Did you find the exercises fun?
- 3) Why is it important to exercise?

[https://www.youtube.com/watch?v=\\_97QFX3w1E4](https://www.youtube.com/watch?v=_97QFX3w1E4)

- 1) What was challenging about the exercises?
- 2) What was your favorite exercise?
- 3) Name a healthy food:

## Grades: 5<sup>th</sup> – 8<sup>th</sup>

Hi everyone, this week's assignments will be a little different than the previous weeks. Below is a video of a fun fitness activity that I want you to partake in. What I want you to take away from this is being physically active or fit does not always mean you need to have structure. Being creative can add fun while accomplishing being fit and healthy. Answer the questions that follow and submit them via email [ataboadela@stleosschool.org](mailto:ataboadela@stleosschool.org).

<https://www.wevideo.com/view/1614233931>

- 1) What was the most challenging exercise in paper plate Tabata?
- 2) What did you find interesting about the activity?
- 3) Do you think you could come up with an activity that is creative and fun for fitness? If so, please share idea.

**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 [ataboдела@stleosschool.org](mailto:ataboдела@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

## Fitness logbook

### 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

