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| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 4/20 | 4/21 | 4/22 | 4/23 | 4/24 |
| 4/27 | 4/28 | 4/29 | 4/30 | 5/1 |

Students are required to exercise for 150 minutes per week, 30 minutes per day. Please fill out the workouts you do for each day with the name of the activity and the minutes you worked out. For example: Push-ups (5 Minutes), Walking (10 minutes), Stretching (5 minutes), Yoga (5 minutes), Squats (5 minutes). Exercise can be any combination of cardio, strength, or flexibility. Students will turn in this calendar in electronically or a hard copy into the office by Friday May 8th by 3:30pm. Please fill out your first and last name (As it is printed on our roll sheets), your period, teachers name, your name, and the name of one parent or guardian. Below are emails of your PE teacher to send your calendar to. Below are examples of exercises you can use**. Office hours for all PE Teachers will be (M-F) 9-11 am**. Thank you in advance.

Cardio: Walking, jogging, treadmill, cycling, cardio video, basketball, etc. Jeralyn Coursey: [jcoursey@tusd.net](mailto:jcoursey@tusd.net) **Derek Eaton’s** office

Larry Corral: [lcorral@tusd.net](mailto:lcorral@tusd.net) hours will be covered

Strength: Push-ups, sit-ups, squats, lunges, weight lifting, pull-ups, etc. Jim Rice : [jrice@tusd.net](mailto:jrice@tusd.net) **by Jim Rice – 4th per. class**

Gary Moore: [gmoore@tusd.net](mailto:gmoore@tusd.net) **by Gary Moore – 5th per. class**

Flexibility: Stretching, Karate, yoga, etc. **by Jeralyn Coursey – 6th per. class**

Teacher: Period: Student’s Name: Parent’s Name: