



Physical Education E-Learning

Welcome SEAL students to your Physical Education E-Learning!

All material for PE can be found at seal-il.com under the E-learning tab...

Physical Education is generally a group participation class.

During this time, we will continue our learning through independent activity.

We ask you to rely on your creativity to implement the lessons, as not every student will have access to the same equipment.

Each student will be required to complete one assignment and email it to your PE teacher. You may choose between...

- a) completing a SPORT packet -OR-**
- b) following the workout of the week, and filling out the log**

For extra credit, you may also complete the Nutrition and Food log!

1. The "Workout of the Week" will be updated each week with a new workout. (Seal-il.com) The "Workout of the Week" will provide you with the tasks, (Movements) a description of the movement, a link to *show* you the movement, and an adaptation. Students should try the movements and fill out the log at least *three* times a week, before turning in the log.
2. The Academic Sport section will have a new sport or subject each week. If you choose this option, read through the sport information and answer the questions at the end of the unit.
3. Extra credit: fill out a weekly food and nutrition log! Follow the assignments on the log page.

The School of Expressive Arts and Learning would like to stress the importance of SAFETY during Physical Exercise. Make sure that you stretch and drink plenty of water on the days that you engage in any physical activity. Before you begin your physical activity, we strongly encourage you to discuss this time with your Parent/Guardian.

If a task is something that requires a house-hold item or is something that requires leaving your normal environment, (Example: Go for a walk outside) make sure that you have permission from your Parent/Guardian. Although we ask all students to complete the workout three times a week, AT ANY TIME A STUDENT IS FEELING PAIN, DISCOMFORT OR LABORED BREATHING, THEY SHOULD STOP THE WORKOUT IMMEDIATELY. It is absolutely acceptable during the workout portion to stop and take a break, get a drink of water, and then when you are ready, come back to the task. SEAL encourages students to have fun with these assignments! Take your time, listen to music, and if possible -- get others in your household involved!

Definitions and Terms For Weekly Workouts

Repetitions: The number of times you will complete an exercise

Sets: The number of times you will complete a given number of repetitions.

(Example: 3 sets of 12 push ups = Complete 12 push ups, rest, do another 12, rest, do another 12)

Super Set: Complete two exercises back to back, rest, repeat two exercises back to back.

Example: A Superset of 12 pushups and 12 sit ups = 12 push ups directly to 12 sit ups, rest, repeat push ups directly to sit ups

Circuit: Complete a list of exercises in order, then rest, then repeat

AMRAP: As Many Reps As Possible. A little harder workout, but the goal is to do a certain exercise for a certain period of time, doing as many reps as you can.

(Example: AMRAP push ups 1 minute = do as many push ups as you can in one minute. Even if you have to stop for a moment, continue to push and do as many as you can.)

GOOD LUCK AND HAVE FUN!