

Thursday, April 2, 2020

Well, welcome to HS PE - COVID-19 Edition. I know this is all new to us and we may struggle with some things, but I promise you that we'll get it through it together.

First of all, I want you to know that if you have any problems, questions, concerns, PLEASE contact me! The best way is by email. Please use this email: ayersj@mail.orrville.k12.oh.us. If you don't have access to the internet, you may call and leave me a message at my office at the high school. The phone number is 330-682-4661 and my extension is 2062. I will be in my office Monday-Friday 8:00am-9:00am. I cannot access my voicemail from home so I won't get any messages until the morning when I get to my office. Remember we are on spring break April 6-10 so I won't be in my office that week.

All assignments will be posted on Google Classroom and you can submit completed assignments here as well. If you do not have the internet, everything you need will be in the packet you pick up from the school. Instructions will follow on how to return assignments.

Third, I know you'll have a lot of work for your other classes so I won't be giving you a lot to do, maybe 15-20 minutes a day. Please get your work done and returned. I will give you dates things need to be turned in by. Feel free to work ahead if you like.

Lastly, I know this is a crazy time for us all. No one alive has been through something like this so everything is new. I want to help you anyway I can so please let me know if there is ANYTHING I can do to help you, even with things not related to my class. Just get a message to me.

Sincerely,
Mr. Ayers

HS PE Assignment #1

Due: Friday, April 17th by 11:59pm

We spend the first couple of weeks of the semester learning about and developing a workout plan that you then did about once a week. Well now that you're stuck at home, I want you to develop a workout you can do in and around your house. It does NOT have to be built around your original fitness goal, or really any goal for that matter other than TO STAY ACTIVE. Staying active during this time will help you physically, mentally, and emotionally.

So here are the requirements:

1. One workout per day for April 20-24 and April 27-May 1 (you get the weekends off).
2. Each workout should be approximately 20 minutes in length.
3. In one week you should hit all of the components of fitness other than muscular strength (unless you have weights of some kind at home) at least once
 - a. Muscular endurance (how many times can you do it?)
 - i. Some examples would be
 1. Pushups
 2. Curlups
 3. squats
 - b. Flexibility (how far can you stretch?)
 - i. Some examples would be
 1. Shoulder stretch test (that we did at beginning of semester)
 2. Hamstrings
 3. quadriceps
 - c. Cardiovascular endurance (how long can you do something involving the heart and lungs?)
 - i. Some examples would be
 1. Jump rope
 2. Jumping jacks
 3. Burpies
 4. Squat jumps
 5. jogging/running
 6. Biking
 4. You don't have to hit all of the components every workout. It can be just one as long as you do all of the components each week at least once.
 5. You are allowed to repeat workouts but no more than 3 times total in the 10 workouts you have to do
 6. Tell me how many times you will do each exercise. Examples:
 - a. Pushups - as many as possible x3
 - b. Jog for 15 minutes
 - c. Ride bike for 3 miles
 - d. 100 jumping jacks
 - e. Sitting hamstring stretch - hold for 15 seconds 3 times

7. Put this into a new Google Sheet so that you can record your workouts (how many you actually did) to turn into me for the weeks of April 20th and 27th. If you don't have internet access, simply write all this out on paper leaving space to record your workouts when you do them.
8. Writing up the workouts is worth 25 points. Actually doing the workouts are worth 20 points.

Example of what to turn in on Fri., Apr. 17

Mon., Apr. 13	jog	15 min.	
Tues., Apr. 14	pushups	as many as possible x3	
	curl ups	as many as possible x3	
	squats	3 sets of 15 reps	
	sitting hamstring stretch	3 times for 15 sec. each leg	

Example of what to turn in on Fri., May 1 with your results written in

Mon., Apr. 13	jog	15 min.	<i>only got 13 min.</i>
Tues., Apr. 14	pushups	as many as possible x3	15
			13
			8
	curl ups	as many as possible x3	12
			12
			7
	squats	3 sets of 15 reps	15
			15
			15
	sitting hamstring stretch	3 times for 15 sec. each leg	<i>done</i>

HS PE Assignment #2 - Tennis

* Required

1. Email address *

2. Name *

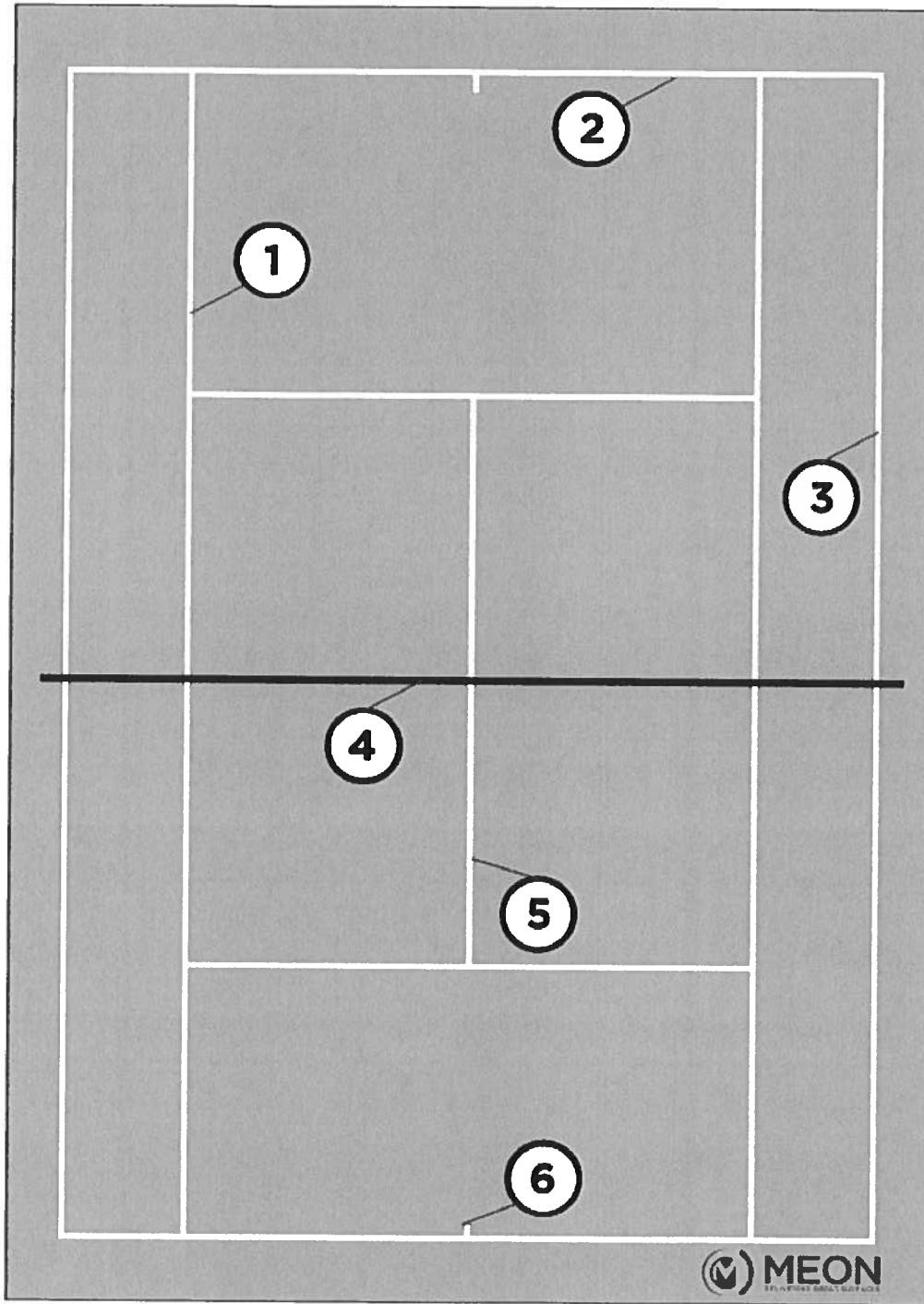
3. How many players play a game at a time (2 answers are needed)? *

2 points

4. Explain the scoring progression (hint: it's not 1-2-3-4-etc.). *

3 points

Court markings



5. In the picture above, what is each line called? *

6 points

Mark only one oval per row.

	line 1	line 2	line 3	line 4	line 5	line 6
baseline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
center service line	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
singles sideline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
doubles sideline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
net	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
center mark	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Where must a player stand when receiving a serve? *

1 point

7. How many times may a ball bounce on your side before you have to hit it? *

1 point

8. Do you have to let the ball hit on your side before you hit it? *

1 point

Mark only one oval.

Yes

No

Maybe. It depends.

9. Your opponent serves the ball legally. You hit it back and the ball hits the net but still goes over: * 1 point

Mark only one oval.

- that's not allowed and it would be a point for your opponent
- it's allowed, and as long as it hits inbounds, your opponent must hit it back to you
- it's a do-over and your opponent gets to reserve

10. When you serve, where must your serve land on your opponent's side of the court? * 1 point

11. If a ball hits the out of bounds line, it is: 1 point

Mark only one oval.

- in bounds
- out of bounds
- a do-over

This content is neither created nor endorsed by Google.

Google Forms

HS PE Assignment #3

This just a reminder that you need to get a copy of your workouts with how many/how long you did each exercise/activity for each day of your workout. If you didn't do your workout for a day, please write that. Don't lie.

This is worth 20 points and is due Friday, May 1st by 11:59pm.