

The following is my assignments for this week. I have also uploaded them to my webpage and google classroom. Under that is my contact info that I placed on my webpage.

#### Activity Log:

As we as a community are going through these ever changing times, it is important that we remain active. It is also important that we practice safe social distancing which makes many of the things we do in PE difficult to do. Since everybody has different limitations as to what they can do, my goal is have you work physical activities into things that you are already doing. Each day you will be given an indoor activity and an outdoor activity. Your job is to record what activities you did and how long or how many you did.

We also need to be eating healthy during this time. Understand that if you are not as active as you usually would be, you need to be even more mindful of what you eat. Each day write down something healthy that you ate such as fruit, trail mix, or vegetables.

#### **Monday 3/30**

Indoor activity: Curl up/sit ups

Outdoor activity: Walk/jog

Healthy food:

#### **Tuesday 3/31**

Indoor activity: Pushups Modified/Standard

Outdoor activity: Ride a bike

Healthy food:

#### **Wednesday 4/1**

Indoor activity: Body Squats

Outdoor activity: Gardening/Pick up trash

Healthy food:

#### **Thursday 4/2**

Indoor activity: Planks during commercials

Outdoor activity: Outdoor sports activity (without touching)

Healthy food:

#### **Friday 4/3**

Choose your own or make up your own indoor and outdoor activities.

Healthy food:

## Contact Info

As everyone knows, the world we live in has changed. This brings us new challenges and new opportunities. For PE we need to make sure that we are staying active. You are no longer walking to class or school. You are not playing at lunch, and you are not having PE class. This along with social distancing means that we must become creative with finding ways to be physically active.

Along with these changes, how we will have contact will be changing as well. The following is my new contact information:

Email: [dwatson@amphi.com](mailto:dwatson@amphi.com)

Phone: (520) 314-9519

Office Hours: Monday - Friday 12:00-2:00 PM

Google Classroom: [bz6qzfs](#)

The best way to reach me is by email or phone. The phone number can also receive text messages or you can leave a voicemail. If you call me outside of office hours, you will have to leave a message. I will get back to you as soon as possible.

Currently the assignments are being sent home via hard copy, but they are also being posted on my Google classroom. Use your school email (ID number@student.amphi.com) and then use the code above to gain access. Hopefully we will be able to post videos here as well.

As we venture through the end of the school year, understand that things are constantly changing. Check in frequently, and feel free to contact me with any questions. If I do not have the answer, I will find someone who does.

Be active and stay safe!

Coach Watson