

Mon. March 30 & Tues. March 31

Log into office 365.

Go to the Physical Education Notebook, under content library you will see a tab marked at home workouts.

Here you will find links to several different types of workouts. You must choose 2 to complete (1 per day). Email me the name of the two workouts you chose.

Wed. April 1

Log into office 365.

Go to the Physical Education Notebook, under content library you will see a tab marked skill practice.

You are to create your own skill related fit component practice exercises that you can do at home. More instructions can be found under tab.

Week 1 extra credit

<https://www.youtube.com/watch?v=AZd8oJv6LIM&feature=youtu.be>



### PE at Home: Bottle Flip Chaos - YouTube

PEA PEA Plays With Rubik's Cube 🏆 Stop  
Motion Play Doh Cartoons Pea Pea 134  
watching Live now

[www.youtube.com](http://www.youtube.com)

Complete the bottle flip chaos challenge and post your video in the PE team page. Feel free to have others in your house join in!!!!