

7th Grade PE/ Pacing

| Week 1 | Monday 3/23 | Tuesday 3/24 | Wednesday 3/25 | Thursday 3/26 | Friday 3/27 |
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| Mr. Nowak's-- quarantine boot camp/ Create your own Basketball Franchise | Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit | Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit PE Basketball Writing assignment: Create Your own Basketball Franchise: Create- -Team Name -Team Logo -Team Jersey -Team Mascot -Team Arena -Hire a Coach | Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17 squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit | Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit PE Basketball Writing assignment: Create Your own Basketball Franchise: Create- -The Coach -Sign a Star Player - The Line up - Basket song | Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit |
| Week 2 | Monday 3/30 | Tuesday 3/31 | Wednesday 4/1 | Thursday 4/2 | Friday 4/3 |
| Quarantin | Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit | Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit | Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17 squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit | Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit | Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit |

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| e Bootcamp- | <p>Boot Camp Workout:</p> <p>12 Push ups 33 crunches 30 second Plank 20 squats 40 Jumping Jacks 30 Bicycle Crunches 20 second Wall sit</p> | <p>12 Push ups 33 crunches 30 second Plank 20 squats 40 Jumping Jacks 30 Bicycle Crunches 20 second Wall sit</p> <p>PE Basketball Writing assignment: Create Your own Basketball Franchise: Create-</p> <ul style="list-style-type: none"> -Team strategies -Advertisements -Create a billboard -Arena Giveaways | <p>15 Push ups 40 crunches 35 second Plank 24 squats 50 Jumping Jacks 35 Bicycle Crunches 25 second Wall sit</p> | <p>Boot Camp Workout:</p> <p>15 Push ups 40 crunches 35 second Plank 24 squats 50 Jumping Jacks 35 Bicycle Crunches 25 second Wall sit</p> <p>PE Basketball Writing assignment: Create Your own Basketball Franchise: Create-</p> <ul style="list-style-type: none"> -Arena Food -Phone App -Biggest Rival | <p>Boot Camp Workout:</p> <p>18 Push ups 50 crunches 40 second Plank 30 squats 75 Jumping Jacks 40 Bicycle Crunches 30 second Wall sit</p> |
| Week 3 | Monday 4/6 | Tuesday 4/7 | Wednesday 4/8 | Thursday 4/9 | Friday 4/10 |
| e Bootcamp Quarantin | <p>Eat right and fill out the nutrition tracker,</p> <p>Boot Camp Workout:</p> <p>18 Push ups 50 crunches 40 second Plank 30 squats 75 Jumping Jacks</p> | <p>Eat right and fill out the nutrition tracker,</p> <p>Boot Camp Workout:</p> <p>20 Push ups 57 crunches 50 second Plank 40 squats 90 Jumping Jacks 46 Bicycle Crunches 35 second Wall sit</p> | <p>Eat right and fill out the nutrition tracker,</p> <p>Boot Camp Workout:</p> <p>20 Push ups 57 crunches 50 second Plank 40 squats 90 Jumping Jacks 46 Bicycle Crunches 35 second Wall sit</p> | SPRING BREAK | SPRING BREAK |

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| | <p>40 Bicycle Crunches 30 second Wall sit</p> <p>PE Basketball Writing assignment: Create Your own Basketball Franchise: -- Create- Write a story about your team (ideas will be posted on google classroom)</p> | <p>PE Basketball Writing assignment: Create Your own Basketball Franchise: Create- Due date for creating your own basketball franchise due today!!!! Make sure your 1 page story is complete!!</p> | | | |
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