Week 1: April 20th-April 24th

Monday, April 20th

* Make an account for PLT4M
  + Join YOUR PE class
* Make an account for Seesaw
  + Join YOUR PE class
* Make an account for mapmyrun

Tuesday, April 21st

* 25min cardio (logged on mapmyrun)

Wednesday, April 22nd

* PLT4M **Master Mobility Session 1**

Thursday, April 23rd

* 25min cardio (logged on mapmyrun)
* Submit BOTH maps onto Seesaw

Friday, April 24th

* Complete ONE of the 4 choices below
* Submit parent signature page onto Seesaw

Friday Choices This Week:

* Workout:

**AMRAP (As Many Rounds As Possible- 16 minutes) w/ Warm up**

Warm up:

* + - 40 Jumping Jacks
    - 10 Squats
    - 20 Leg Swings- Front to Back (10/side)
    - 1 minute pigeon pose (30 seconds/side)

AMRAP:

* + 10 Pushups
  + 10 Jump Squats
  + 45 Second Plank
  + 20 Lunges (10/Side)
* Yoga:

Set an intention and get ready to get the juices flowing in this fun and supportive 19 minute Full Body Yoga Flow.

<https://www.youtube.com/watch?v=b1H3xO3x_Js>

* Strength and/or Speed: Interval Run

Start with easy 3 minute jog.

Then run 3 min at moderate pace

Repeat 3 times

* Random: