

Practical Extra Credit: Exercise

Exercise helps with focus and production by calming and the body and stimulating energy. As you know, it also improves one's immune system to fight off viruses. In this **extra credit assignment**, students will spend at least 30min/week exercising and engaging in physical activity.

The assignment is worth 5 pts/week that goes towards your final grade. Students may earn an additional 5pts for

1. Each additional 15min of exercise during the week
2. Each family member who joins to participate in the assignment.

Students will document their experience one of the following ways:

- Write a short statement about what you did, who you were with, and how you felt during and after the workout
- Or use video or photography to document the activity.

Submit the documentation on your e-Portfolio or within your google folder.

There are several exercise options students may choose. A few examples include:

- Walk, Run, or Bike in your neighborhood
- Online/YouTube class: Zumba, Yoga, Kickboxing
- Mix it up/Bootcamp: Pushups, Situps, Burpees, Squats, Lunges, Plank...

Have fun with the assignment and go at your own pace. The goal is to get the body moving!:)