



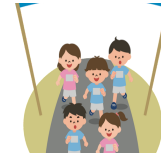
OAC Adapted P.E. Remote Learning : Stay Healthy, Stay Safe, Stay Home!



| MUSCLES MONDAY 5/4 | TOM AND TOM -TNT TUESDAY 5/5 | WACKY WEDNESDAY 5/6 |
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| <p>For muscles Monday this week, we are going to do some muscle strengthening exercises. Below are 2 videos with Mr. Tom D. showing us some strengthening exercises for our muscles:</p> <p>Muscle strengthening video #1:</p> <p>https://drive.google.com/open?id=1dc82mp1ugg4K3KVcDoa9Q-ulLqtakE-D</p> <p>Muscle strengthening video #2</p> <p>https://drive.google.com/open?id=1jQqr_qF94BejLWkj_ibc3t0cOSMOyKil</p> | <p>Here are a couple books that Mr. Tom G. recorded for some kind of entertainment to get us started. There will be exercises of the week and so on as we go forward. There are three videos, one of Going on a Bear Hunt, which might be geared towards our younger crowd, then the Wonky Donkey, and the Dinky Donkey.</p> <p>https://drive.google.com/file/d/1-sFsYR2Dse3fBjQAaRJTKRdZwQwk3HaV/view?usp=sharing</p> <p>https://drive.google.com/file/d/1DAnlUolrixtH1MXMqOEW1lgFKI8yl1d_/view?usp=sharing</p> <p>https://drive.google.com/file/d/1YgEo1CobNWWwZ99a7kf9q-dBu1LmV3B8/view?usp=sharing</p> | <p>This week for Wacky Wednesday Mr. Tom D. has a funny story to read called: “ 10-Step Guide to Living with your Monster”. (by: Laura Numeroff.) Hope you enjoy it.</p> <p>Then the Wacky Wednesday activity is Sock Golf. Check it out and have fun.</p> <p>10 - “Living with your Monster” book reading video:</p> <p>https://drive.google.com/open?id=1hlZ9d-j6nBDAZbb1qJdlz6Baf3vGtZF7</p> <p>Sock golf-</p> |



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THROWBACK THURSDAY 5/7

FREE CHOICE FRIDAY 5/8

YOU CHOOSE YOUR PHYSICAL ACTIVITY!

What will you do? The opportunities are endless...
Walk in your Pacer, walk your dog, dance to your favorite music tunes, shoot hoops, jump on the trampoline, play a game with your family! Just get up and get active today!

Snap a photo of you being active and email it to your PE teacher! We want to see you in action!

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