

PE Assignments for Week 4: Nov 9 – Nov 13

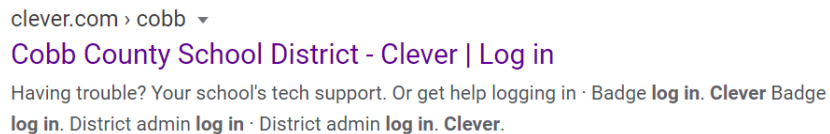
Reminders:

- Everyone checks in Monday
- Check in Tuesday or Thursday
- Everyone checks in Friday
- Any assignments turned in after the Friday due date will received reduced credit

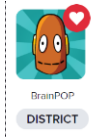
1. Monday: Fitness BrainPop

To get to the assignment:

1. Go to your browser (Google Chrome works best) and search “clever cobb login”
2. Click on the Clever Cobb County School District link (see image below)



3. Log in with Active Directory
4. Scroll down the page to **Under more apps** and click BrainPop



5. If you don't see the BrainPop icon there, then search “brainpop” in the search bar at the top of the page and it will pop up.

2. Tuesday/Thursday: Darebee Workout

1. Go to www.darebee.com.
2. Search workouts (at top of page) and find one to complete. You can use the filters on the side of the page to focus on specific body parts, types of workouts, and levels of difficulty.
3. Video yourself doing 3 sets of the workout - a "set" is a full round of the workout, so 3 sets = 3 rounds. **Note:** On the video, tell me which workout you chose. I must be able to see all of you when doing the workout on camera.
4. Class join code: Mack4303 - <https://flipgrid.com/e64f6466>

3. Friday: Meet in class for a group workout on camera