



Welcome to Coach Foncham's Online Physical Education Class!

Universal Academy Coppell, K-10 Physical Education
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About me:

- ❖ This is my 3rd year at Universal academy, I was in Irving for 2 years and this will be my first year at the Coppell campus
- ❖ I graduated from University of Arkansas where I majored in human development and family studies with an emphasis on child development
- ❖ I played Division 1 soccer at both The University of Texas and The University of Arkansas
- ❖ I am certified in PK-12 physical education
- ❖ I enjoy drawing and painting, working out, spending time with friends and family and on occasions some great retail therapy
- ❖ I am looking forward to see what else the 2020-2021 school year has in store for us!



For the remaining of the first 6 weeks we will focus on circuit training

Kindergarten

Circuit Training

Monday, Wednesday and Friday <https://www.youtube.com/watch?v=eLO2VnXSn08>

Tuesday and Thursday <https://www.youtube.com/watch?v=SPedWRJNuYY>

Circuit training is a form of body conditioning or resistance training that targets strength building and muscular endurance. An exercise "circuit" should work each section of the body individually.

Students will be able to demonstrate multiple forms of body weight resistant exercises accurately and independently. The students will learn basic muscle strength/endurance exercises and know the major muscle groups. Students will participate in sustained physical muscular strength activity that increases heart rate, breathing rate and body temperature.

Students will follow along, participating in the exercises. The video comprises exercises in intervals, moments of activities followed by time to rest. No exercise equipment is necessary for the workout, but I suggest that you grab a sweat towel and a bottle of water to keep nearby.

After the completion of the video, drink water and do some stretches. Do about 5 minutes of stretching those targeted muscles which were used, then about 3-5 minutes of stretching for muscles that were 'worked out,' holding stretches for 20-30 seconds.

1st grade

Circuit Training

Monday, Wednesday and Friday <https://www.youtube.com/watch?v=eIO2VnXSn08>

Tuesday and Thursday <https://www.youtube.com/watch?v=SPedWRJNuYY>

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3rd grade

Circuit Training

Monday, Wednesday and Friday https://www.youtube.com/watch?v=fcN37TxBE_s

Tuesday and Thursday <https://www.youtube.com/watch?v=dhCM0C6GnrY&t=326s>

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4th grade

Circuit Training

Monday, Wednesday and Friday https://www.youtube.com/watch?v=fcN37TxBE_s

Tuesday and Thursday <https://www.youtube.com/watch?v=cZnslVArIt8>

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5th grade

Circuit Training

Monday, Wednesday and Friday https://www.youtube.com/watch?v=fcN37TxBE_s

Tuesday and Thursday <https://www.youtube.com/watch?v=cZnsLVArlt8>

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High school

Circuit Training

Monday, Wednesday and Friday https://www.youtube.com/watch?v=fcN37TxBE_s

Tuesday and Thursday <https://www.youtube.com/watch?v=cZnsLVArlt8>

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