



## LAUSD APE Secondary Continuity of Learning Resource Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4 MAY</b>	<b>5 MAY</b>	<b>6 MAY</b>	<b>7 MAY</b>	<b>8 MAY</b>
<b>Theme- Superhero Week!</b>	<b>Theme- Superhero Week!</b>	<b>Theme- Superhero Week!</b>	<b>Theme- Superhero Week!</b>	<b>Theme- Superhero Week!</b>
<u>Activity:</u> May the 4 <sup>th</sup> be With You!	<u>Activity:</u> Cardiovascular Endurance	<u>Activity:</u> Interval Training	<u>Activity:</u> Cardiovascular Endurance	<u>Activity:</u> Interval Training
Are you part of the Empire or part of the Rebellion? Click on the links below to see which trials are more challenging.	Avengers Assemble! You will start today's activity with a Spiderman warm-up. Then, you will enter the Avengers training academy where Spiderman will lead you through fun fitness activities.	Avengers Assemble! So you thought that Thor's hammer had been destroyed? Well we managed to summon the hammer back to assist you with this superhero workout! You have 30-second reps with 10-second rest. Repeat 4 times for a full-body workout!	Avengers Assemble! Today's superhero workout begins with a Hulk warm-up. Then, you will enter the Avengers training academy once again, but this time Drax will be your instructor!	Avengers Assemble! During your workout with Captain America, you will have 30-seconds of workout and 10-seconds of rest. Repeat this full-body workout 4 times!
<a href="#">Sith Workout</a> <a href="#">Jedi Workout</a>	<a href="#">Spiderman Cardio</a>	<a href="#">Thor Workout</a>	<a href="#">Hulk and Drax Cardio</a>	<a href="#">Captain America Workout</a>
<b>11 MAY</b>	<b>12 MAY</b>	<b>13 MAY</b>	<b>14 MAY</b>	<b>15 MAY</b>
<b>Theme- Carnival Row</b>	<b>Theme- Carnival Row</b>	<b>Theme- Carnival Row</b>	<b>Theme- Carnival Row</b>	<b>Theme- Carnival Row</b>
<u>Activity:</u> Juggling	<u>Activity:</u> Underhand Toss	<u>Activity:</u> Milk Jug Toss	<u>Activity:</u> Juggling Part 2	<u>Activity:</u> Indoor Carnival Games
Click on the link below to learn the basics of juggling with scarves. All you need is a scarf or tissue or a bandana!	You will begin today's activity with a set of exercises designed to get your muscles warmed-up. Next, you will learn how to perform the underhand toss focusing on accuracy...ready, aim, toss!	Click the link below to learn how to make a milk jug ball catcher! Toss a ball to yourself or to a partner. How many times can you catch the ball? Try it from different distances!	You will begin today's activity with a review of Tuesday's warm up. Next, you will on continue to work on your juggling skills!	Click the link below to learn fun ball games you can play indoors. These games include Clap Ball, Horse, and Bowling!
<a href="#">Intro to Juggling</a>	<a href="#">Underhand Toss</a>	<a href="#">DIY Ball Catcher</a>	<a href="#">Juggling Review</a>	<a href="#">Indoor Ball Games</a>
<b>18 MAY</b>	<b>19 MAY</b>	<b>20 MAY</b>	<b>21 MAY</b>	<b>22 MAY</b>
<b>Theme- Multicultural Dance</b>	<b>Theme- Multicultural Dance</b>	<b>Theme- Multicultural Dance</b>	<b>Theme- Multicultural Dance</b>	<b>Theme- Multicultural Dance</b>
<u>Activity:</u> Hula Dance and Haka Dance	<u>Activity:</u> African and Salsa Dance	<u>Activity:</u> English Barn Dance and Israeli Folk Dance	<u>Activity:</u> Maori Haka Dance and Folklorico	<u>Activity:</u> Tiklos Philippine Dance and USA Folk Dance
Click the links below to learn the basic steps of a traditional Hawaiian dance. Then you will learn the Haka dance, an ancient postural dance of the New Zealand Māori.	Today's activity begins with a fun 5-minute African dance tutorial. Then, you will learn how to Salsa dance with or without a partner! Dancing is a great way to help the heart!	Click on the first link to follow along with a Berlin-based dance group to learn a Traditional English Barn Dance. Next, you will learn Tzadik Ka'Tamar, an Israeli folk dance!	Today you will learn another fun Haka dance! Then, you will learn some basic steps for the traditional Mexican Folklorico dance. Dancing helps with coordination, rhythm, and increased endurance.	Click the first link to learn the Tiklos dance, a traditional folk dance from the Philippines. Click on the second link to follow along with a traditional American Folk Dance.
<a href="#">Hula-Along Dance</a> <a href="#">Haka Dance</a>	<a href="#">African Dance and Salsa Dance</a>	<a href="#">English Barn Dance</a> <a href="#">Israeli Folk Dance</a>	<a href="#">Maori Haka Dance and Folklorico</a>	<a href="#">Tiklos Philippine Dance</a> <a href="#">USA Folk Dance</a>
<b>25 MAY</b>	<b>26 MAY</b>	<b>27 MAY</b>	<b>28 MAY</b>	<b>29 MAY</b>
<b>Theme- Roll with It!</b>	<b>Theme- Roll with It!</b>	<b>Theme- Roll with It!</b>	<b>Theme- Roll with It!</b>	<b>Theme- Roll with It!</b>
<u>Activity:</u> Let's Get Rolling	<u>Activity:</u> Rolling to a Target	<u>Activity:</u> Sock Bocce	<u>Activity:</u> Bowling	<u>Activity:</u> Homemade Skee-Ball
Click on the link below to learn how to make balls and targets out of household items, and learn the basics of rolling.	In today's activity, you will learn the proper technique of rolling to a target! This is an important skill to have to help master bowling and bocce.	Invite your family to play! All you need is a piece of paper and some socks. Roll a target ball (palino) and then see who can roll their socks closest to the target.	Today's activity shows you how to play a modified version of bowling from the comfort of your own home!	Fun for the whole family!! Make your own skee-ball ramp with just a box, and some baskets or buckets. How many points can you score?
<a href="#">Let's Get Rolling</a>	<a href="#">Rolling to a Target</a>	<a href="#">Sock Bocce</a>	<a href="#">Bowling</a>	<a href="#">Homemade Skee Ball</a>

\*\*We strongly recommend that an adult supervises and/or participates in each of the activities with their student\*\*