

NTI DAYS – Physical Education

Submit your responses or a journal of your activities to Mr. Pruitt via email (chad.pruitt@cloverport.kyschools.us) or in person upon returning to school.

The following are options that can be done for PE credit during NTI days.

1. Physical Activity
 - a. Push-ups – 30
 - b. Sit-ups – 30
 - c. Run in Place – 2 min
 - d. Planks – 1 min
 - i. Repeat this 3 times, resting for 1-2 minutes between sets, and drink plenty of water

2. Write a 2 page paper on any of the following:
 - a. The importance of exercise
 - b. The importance of nutrition
 - c. Your favorite sport
 - d. Your favorite athlete
 - e. Your favorite sports team

3. Create an exercise plan that you would put your class through, and list it in detail