



McLean School Physical Education Home Workouts

Lower School: (30 minutes or more of exercise per day)

*If you are unsure how to perform an activity or exercise, please reach out to the PE department for assistance. Feel free to also use YouTube or the internet for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>
<p>(Choose 3 exercises. Complete 30 seconds to 1 minute, Repeat 4-5 times)</p> <ul style="list-style-type: none"> -Walk -Run -Gallop -Skip -Hop (on 2 feet or 1 foot) -Sliding -Bear Crawl -Crab Walk 	<p>Pyramid Challenge: (Complete 2-3 times)</p> <ul style="list-style-type: none"> -20 Jumping Jacks -10 Frog Jumps -5 Push Ups -10 Walking Lunges -5 Push Ups -10 Frog Jumps -20 Jumping Jacks 	<p>Cardio Challenge:</p> <ul style="list-style-type: none"> -Jump Rope (10-20 seconds, rest- Repeat 5-8 times) -Hula Hoop (10-20 seconds, rest- Repeat 5-8 times) -Run or walk up steps (5-10 mins) -Run or Walk with a family member (20-30 mins) -Ride a bike (20-30mins) 	<p>Yoga:</p> <ul style="list-style-type: none"> -Downward Dog -Cat Pose -Chair Pose -Warrior -Chair Pose -Tree Pose -Triangle -Butterfly <p>Below is a link of a yoga workout and how to complete each pose https://www.yogiaproved.com/yoga/yoga-for-kids-in-school/</p>	<p>Fun Friday! Repeat any of the following workouts from a previous day or:</p> <ul style="list-style-type: none"> -Go to the park -Shoot hoops with a basketball -Kick a soccer ball -Throw a football or baseball with a partner -Dance -Gymnastics -Play tag with a family member or friend -Hide and seek

<p>Dribbling a ball: (How many dribbles can you get with each hand?)</p> <ul style="list-style-type: none"> -Right hand dribble -Left hand dribble -Crossover (Bounce right hand to left hand) <p>-Bounce and Catch to yourself</p> <p>-Bounce pass with a partner</p>	<p>Dribbling with your feet:</p> <ul style="list-style-type: none"> -Toe taps on top of the ball- 10 times -Tick Tock- Move the ball back and forth between your feet- 10 times -Right foot dribble -Left foot dribble -Using your feet, pass back and forth with a partner 	<p>AB Workout: (Complete 2-3 times)</p> <ul style="list-style-type: none"> -10 Situps or crunches -20 Russian Twists -20 Bicycles -10 Supermans -Plank (10 seconds-45 seconds) -Partner sit ups with a ball (Sit up and toss a small, light, ball to your partner) 	<p>Throwing and Catching: (Use a ball or bean bag)</p> <ul style="list-style-type: none"> -Toss and Catch to yourself -Toss your object in the air, clap in between and then catch (How many claps can you get between your toss and catch?) -Toss you object in the air, spin around and then catch <p>Find a partner- Work on the following:</p> <ul style="list-style-type: none"> -Overhand throwing and catching -Underhand throwing and catching -Use a ball- Roll back and forth with your partner -Using a ball, roll towards a target 	<p>Stay Active!</p>
<p>Reflection:</p> <p>Think about how you felt after the workout. Share your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)</p>	<p>Reflection:</p> <p>Think about how you felt after the workout. Share your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)</p>	<p>Reflection:</p> <p>Think about how you felt after the workout. Share your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)</p>	<p>Reflection:</p> <p>Think about how you felt after the workout. Share your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)</p>	<p>Reflection:</p> <p>Think about how you felt after the workout. Share your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)</p>

*Go Noodle is a fun, interactive workout app for kids. Feel free to download and play along with your child(ren). <https://www.gonoodle.com/>

If you are unable to perform the required exercises above, please feel free to contact Ms. Chambers (bchambers@mcleanschool.org) or Mr. McDonald (amcdonald@school.org) for alternative options.