



## McLean School Physical Education Home Workouts

### Upper 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><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>
<p><b>Run or walk for 20-30 mins</b> <b>Or</b> <b>10-30 seconds of each exercise for 10-15 mins</b></p> <ul style="list-style-type: none"> <li>-Jump Rope</li> <li>-Jumping Jacks</li> <li>-Jogging in place</li> <li>-Burpees</li> <li>-Mountain climbers</li> <li>-Box Jumps (or Jump up onto a step and back down)</li> </ul>	<p><b>*Repeat exercise in order 2-3 times, or if you want a challenge, go for 4! Take 30-60 second breaks in between each exercise.</b></p> <ul style="list-style-type: none"> <li>-10 Chair Squats</li> <li>-10 Push-ups</li> <li>-20 Jumping Jacks</li> <li>-30 Sec Run in place</li> <li>-30 Crunches</li> <li>-10 Side Lunges (each leg)</li> </ul> <p><b>-Challenge:</b> Hold in a squat position as long as you can, use a weight to hold out in front of you.</p>	<p><b>Workout: HIIT (High Intensity Interval Training)</b> <b>*20 seconds on, 10 seconds off- Complete 3 times</b></p> <ul style="list-style-type: none"> <li>-Jump Squats</li> <li>-Mt. Climbers</li> <li>-Alternating lunges</li> <li>Crunches</li> <li>-Burpee</li> <li>-Switch Kicks</li> </ul> <p><b>Water Break</b></p> <ul style="list-style-type: none"> <li>-High Knees</li> <li>-Squat Jump</li> <li>-Lateral Jump</li> <li>-Jumping Jacks</li> </ul>	<p><b>Run/Walk/Ride a bike 20-30 minutes</b> <b>OR</b> <b>(Repeat 5-10 times)</b></p> <ul style="list-style-type: none"> <li>-Run up stairs</li> <li>-Hop two feet up stairs</li> <li>-One foot hop up stairs</li> <li>-Walk up steps, skipping a step in between</li> </ul>	<p><b><u>Friday (Fun Friday):</u></b> <b>Repeat any of the following workouts above or:</b></p> <ul style="list-style-type: none"> <li>-Shoot hoops or dribble a basketball</li> <li>-Dribble, pass or shoot a soccer ball</li> <li>-Bump a volleyball to yourself or with a partner</li> <li>-Throw and catch a football, baseball/softball</li> <li>-Hiking</li> </ul>

				-Dance -Yoga
<p><b>Core Workout: (Repeat 4 times)</b></p> <p>-10 Reverse Crunches -10 Russian Twists -10 Side Jackknifes -10 Side Planks -10 Bicycle Crunches</p>	<p><b>Core Workout: (Repeat 3 times)</b></p> <p>-15 Reverse Crunches -15 Russian Twists -15 Side Jackknifes -15 Side Planks -15 Bicycle Crunches</p>	<p><b>Core Workout: (Repeat 2 times)</b></p> <p>-20 Reverse Crunches -20 Russian Twists -20 Side Jackknifes -20 Side Planks -20 Bicycle Crunches</p>	<p><b>Core Workout (Repeat 1 time)</b></p> <p>-25 Reverse Crunches -25 Russian Twists -25 Side Jackknifes -25 Side Planks -25 Bicycle Crunches</p>	<b>Stay Active!</b>
<p><b>Reflection:</b></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><b>Reflection:</b></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><b>Reflection:</b></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><b>Reflection:</b></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><b>Reflection:</b></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>

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