



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 (4/13)	Tuesday (4/14)	Wednesday (4/15)	Thursday (4/16)	Friday (4/17)
<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>
<p>Run/walk/ride a bike for 15 minutes or or (Choose 3 exercises. Complete 30 seconds to 1 minute, Repeat 4-5 times) -Jog in place -Inch worms -Burpees -Standing windmills -Toe touches with a hop -High Knees -Foot taps Rest then Repeat!</p>	<p>Pyramid Challenge: (Complete 2-3 times) -8 Squats -8 Push ups -6 Squats -6 Push ups -4 Squats -4 Push ups -2 Squats -2 Push ups Rest then Repeat!</p>	<p>Cardio Challenge: Choose 3 exercises below. Repeat 3-4 times for 30 seconds. -Hopping side to side from one foot to the other -Line Jumps -Shuttle runs -While running, zig zag between cones -Create a square, start in the bottom left corner: side shuffle, run forward, side shuffle, backpedal</p>	<p>Yoga: Hold each pose for 20 seconds (Repeat 1-2 times) -Tree pose -Butterfly -Cat Cow -Downward Dog -Flamingo -Warrior 1 & 2 -Bridge -Triangle Pose</p>	<p>Fun Friday! Repeat any of the following workouts from a previous day or: -Shoot hoops or dribble a basketball -Throwing & catching with a softball/baseball, football, frisbee or lacrosse stick -Badminton/tennis -Dance/Gymnastics -Chalk Hopscotch</p>

<p>Ball Handling & Dribbling/Bouncing a ball: (How many can you do?)</p> <ul style="list-style-type: none"> -Wrap the ball around your waist -Wrap the ball around your knees -Wrap the ball around one leg, then the other leg <p>Challenge: Can you make a figure 8 between your legs?</p> <p>Dribbling:</p> <ul style="list-style-type: none"> -Dribble a ball to one spot, right or left hand dribble in place 5 times. Dribble to a new spot & repeat. <p>Shooting Practice:</p> <ul style="list-style-type: none"> -How many baskets can you make in 1 minute? Repeat & try to beat your score -Play around the world shooting -Play PIG or HORSE with a partner or group 	<p>Dribbling/Passing with your feet (Complete 30 seconds to 1 minute. Repeat 3-4 times)</p> <ul style="list-style-type: none"> -Using soft touches, dribble around cones or objects <p>Now Try:</p> <ul style="list-style-type: none"> -Dribbling to one spot, do 10 toe taps. Dribbling to a new spot & do 10 tick tocks. Repeat. <p>Passing Practice:</p> <ul style="list-style-type: none"> -Pass the ball against a wall. Trap with your foot -Edge of the World: Kick the ball as close to an object as you can without going past the object. (With a partner, who can get the closest?) -Pass with a partner. If you successfully trap it, take one step back. How far back can you go? 	<p>AB Workout: (Complete 2-3 times)</p> <ul style="list-style-type: none"> -20 Sit ups -20 Leg Raises -20 Supermans -20 Side-to-side planks -20 Alternating toe reach <p>Try Partner Sit Ups: How many can you do together?</p> <ul style="list-style-type: none"> -Plank-o-rama *See below -Wall sit, pass a ball back & forth to a partner -Plank position, shake your partner's hand. Keep switching hands. -Lay on your back, sit up and toss a ball to your partner. Repeat. 	<p>Tossing & Catching: (Use a ball or bean bag)</p> <p><i>Practice your tossing and catching from last week:</i></p> <ul style="list-style-type: none"> -Underhand toss your object at a target on the ground. How close can you get to the target? -Tossing and catching with a partner. With every catch, take one step back. -Find several different objects you can toss. Start with one object, toss and catch. How many can you catch? Try a new object and repeat. 	<p>Stay Active!</p> <p>Additional fun games to play:</p> <ul style="list-style-type: none"> -Spell your name workout -Scavenger Hunt <p>*See below for instructions how to play</p>
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<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>
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***Plank-o-rama: (Equipment needed: ball)**

How to play:

- Get into a plank position, facing your opponents
- One person starts with the ball
- Try to roll the ball between the other players arms
- When the ball is rolling towards you, try to stop the ball from going through your arms while staying in a plank
- See how many goals each person can score or play first person 10.

https://www.youtube.com/watch?v=JQ0bNee1NJg&feature=emb_logo

***Spell Your Name Workout: (Spell your name then do the exercise!)**



*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@mcleanschool.org) for alternative options.