



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 (4/20)	Tuesday (4/21)	Wednesday (4/22)	Thursday (4/23)	Friday (4/24)
<p>*Mindful minute: Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths & focus on your breathing. Repeat for 1 minute</p>	<p>*Mindful minute: Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths & focus on your breathing. Repeat for 1 minute</p>	<p>*Mindful minute: Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths & focus on your breathing. Repeat for 1 minute</p>	<p>*Mindful minute: Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths & focus on your breathing. Repeat for 1 minute</p>	<p>*Mindful minute: Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths & focus on your breathing. Repeat for 1 minute</p>
<p>Run/walk/ride a bike for 15 minutes or (Choose 3 exercises. Complete 30 seconds to 1 minute, Repeat 4-5 times)</p> <ul style="list-style-type: none"> -Crab walk -Bear crawl -Arm curls -Squats -Star jumps -Frog jumps -Balance on 1 foot <p>Rest then Repeat!</p>	<p>Pyramid Challenge: (Complete 2-3 times)</p> <ul style="list-style-type: none"> -8 Burpees -8 Toe touch crunches -6 Burpees -6 Toe touch crunches -4 Burpees -4 Toe touch crunches -2 Burpees -2 Toe touch crunches <p>Rest then Repeat!</p>	<p>Cardio Challenge: Choose 3 exercises below. Repeat 3-4 times.</p> <ul style="list-style-type: none"> -Skip around the house while singing a song -Spell your name while jumping in the air -Hop on one foot & say your ABC's -Challenge your family member to a jumping jack race. 1st to 50. -Crab walk from the kitchen to your bedroom (even if it's upstairs) 	<p>Yoga: Hold each pose for 20 seconds (Repeat 1-2 times)</p> <ul style="list-style-type: none"> -Plank -Butterfly -Side Bend -Chair Pose -King Cobra Pose -Half Pigeon Pose -Rabbit Pose -Camel Pose <p>Rest then Repeat!</p>	<p>Fun Friday! Repeat any of the following workouts from a previous day or:</p> <ul style="list-style-type: none"> -Ride a bike or scooter -Run laps around your yard -Walk up steps (Inside or outside) -Relay races with your family -Hula Hoop -Create an obstacle course

<p>Ball Handling & Dribbling/Bouncing a ball:</p> <p>Dribbling: -Place a playing card or a number written on a paper under objects spread throughout the playing area -Dribble a ball to one spot. The number under the object is how many stationary dribbles you will take -Dribble to the next spot and repeat.</p> <p>Shooting Practice: -Poly spot shooting -If you have a basketball hoop, place a bunch of cones or objects around the basket. -Dribble to one spot and shoot. If you make it the basket, you take the shot back to your starting point. (See if you can collect all the cones/objects. With a partner, see who can get more) -No basketball hoop? Play the same game by shooting a small ball into a basket</p>	<p>Dribbling/Passing with your feet (Repeat 3-4 times)</p> <p>Dribbling -Using soft touches, dribble around in an open area (How many touches on the ball can you get in 1 minute?)</p> <p>-Place cones/objects in an open area. -Dribble in the area without hitting any of the cones/objects with the ball.</p> <p>Passing/Shooting: -If you don't have a goal, create a goal with two objects on the ground. -Place a bunch of cones or objects different distances from the goal. -Pass or shoot the ball into the goal. If you make a goal from a close spot, next try a spot further away. Keep rotating back and forth. How many goals can you score in 5 minutes?</p>	<p>AB Workout: (Complete 2-3 times) -20 Crunches -20 Flutter Kicks -20 Russian Twists -20 Elbow to Knee -20 Windshield Wipers</p> <p>Try Partner Sit Ups: How many can you do together?</p> <p>-Sit up throw and catch -Sit up challenge. How many sit ups can you do in 1 minute? See if you can beat your partner</p> <p>-Bridges and Rivers: Partner "A" starts in a high plank position. Partner "B" crawls under Partner "A". Once Partner "B" has gone under, then Partner "A" lies flat on their stomach. Partner "B" jumps over Partner "A". Repeat for 1 minute, then switch places.</p>	<p>Tossing & Catching: (Use a ball or bean bag)</p> <p>Practice self tossing and catching -Underhand toss your object into the air, catch with two hands. Now try again and catch the object with one hand. -Underhand toss, clap, and catch (How many claps can you get in between the toss and catch?) -Balloon toss and catch. Or keep the balloon in the air (How many taps can you do?)</p> <p>Partner Toss and Catch: -Spread objects around in an area -Each partner should find an object to stand next to -Toss/Throw and catch with your partner from your spots. (1 point for each successful catch. How many points can you get?)</p>	<p>Stay Active!</p> <p>Additional fun games to play:</p> <p>-Coin Toss Workout</p> <p>-PE teacher of the day. (Create your own workout/games. Teach the activity to your family and play along too!)</p> <p>*See below for instructions how to play</p>
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<p>Reflection: What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p>Reflection: What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p>Reflection: What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p>Reflection: What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p>Reflection: What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>
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How to Play: Coin Toss Workout

Coin Toss Workout

Live life on the wild side

DIRECTIONS:

- Flip a coin to see what your workout will be.
- Play on your own or take turns flipping the coin with a friend and doing the exercises together.

YOU WILL NEED:

- A coin
- Space to workout about the size of a yoga mat
- Sneakers & a water bottle

COIN TOSS	HEADS	TAILS
Toss #1	10 Jumping Jacks	15 Ski Jumps
Toss #2	10 Burpees	20 Mountain Climbers
Toss #3	30 second Plank	5 Push Ups
Toss #4	10 Lunges (each leg)	20 Squats
Toss #5	10 Arm circles	10 Frankensteins
Toss #6	30 second Wall-Sit	20 Wall Push Ups
Toss #7	10 Side Kicks	20 Front Kicks
Toss #8	10 Squat Jumps	15 Star Jumps
Toss #9	10 High Knees	15 Butt Kicks
Toss #10	60 Second Shadow Boxing	60 Second Jump Rope (air rope)

*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.