



## 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 (4/27)	Tuesday (4/28)	Wednesday (4/29)	Thursday (4/30)	Friday (5/1)
<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>(Choose 3 exercises. Complete 30 seconds to 1 minute, Repeat 4-5 times)</b> -Run in place -High knees -Jump as high as you can -Frog jumps -Skip -Balance on 1 foot -Bunny hops</p> <p><b>Rest then Repeat!</b></p>	<p><b>Pyramid Challenge: (Complete 2-3 times)</b> -20 Star Jumps -10 Bear Walks -5 Squats -10 Sit Ups -5 Squats -10 Bear Walks -20 Star Jumps</p> <p><b>Rest then Repeat!</b></p>	<p><b>Cardio Challenge:</b> -Jump Rope for 2 mins. If you don't have a jump rope, jump in place pretending that you are turning a rope with your arms <b>(Repeat 3 times)</b></p> <p>-Run 5 laps around your house or up and down your driveway (with parent supervision)</p>	<p><b>Yoga:</b> <b>Hold each pose for 20 seconds (Repeat 1-2 times)</b> -Plank Pose -Downward Dog -Warrior Pose -Chair Pose -Tree Pose</p> <p>Choose 2 poses you enjoy most that are not on this list and complete for 20 seconds each.</p> <p><b>Rest then Repeat!</b></p>	<p><b>Fun Friday!</b> <b>Repeat any of the following workouts from a previous day or:</b> -PE Teacher of the Day -Your choice of an activity that you enjoy the most! -Engage your family as well!</p>

<p><b>Dribbling/Bouncing a ball: (How many dribbles/bounces can you get?)</b></p> <p><i>Practice your right and left hand dribbling</i></p> <ul style="list-style-type: none"> <li>-Right hand dribble</li> <li>-Left hand dribble</li> </ul> <p><b>Now try:</b></p> <ul style="list-style-type: none"> <li>-Bouncing the ball between your legs</li> <li>-Dribbling the ball, spin around, and dribble again</li> <li>-Dribbling the ball while sitting or kneeling down</li> <li>-Dribbling the ball with your eyes closed</li> <li>-Dribbling your ball along the lines or dribbling around in open space</li> </ul>	<p><b>Dribbling/Passing with your feet (Complete 30 seconds to 1 minute. Repeat 3-4 times)</b></p> <ul style="list-style-type: none"> <li>-Using soft touches, dribble around cones or objects</li> <li>-Dribbling to one spot, do 10 toe taps. Dribbling to a new spot &amp; do 10 tick tocks. Repeat.</li> </ul> <p><b>Passing Practice:</b></p> <ul style="list-style-type: none"> <li>-Pass the ball against a wall. Trap with your foot</li> <li>-Edge of the World: Kick the ball as close to an object as you can without going past the object.</li> <li>-Pass with a partner. If you successfully trap it, take one step back. How far back can you go?</li> </ul>	<p><b>AB Workout: (Complete 2-3 times)</b></p> <ul style="list-style-type: none"> <li>-20 Crunches</li> <li>-20 Arm Taps in a plank position</li> <li>-20 Supermans</li> <li>-20 Leg Raises</li> <li>-30 Sec Side plank (both sides)</li> </ul> <p><b>Pyramid Partner Sit Ups: How many can you do together?</b></p> <ul style="list-style-type: none"> <li>-Partner A does 1 sit up</li> <li>-Partner B does 2 sit ups</li> <li>-Partner A now does 3 sit ups</li> <li>-Continue going up the pyramid together</li> </ul>	<p><b>Throwing &amp; Catching: (Use a small ball)</b></p> <ul style="list-style-type: none"> <li>-Throwing the ball at a target on the ground. How close can you get to the target?</li> <li>-Throw the ball as far as you can. With a partner, see who can throw the farthest?</li> <li>-Throwing and catching with a partner. With every catch, take one step back.</li> </ul>	<p><b>Stay Active!</b></p>
<p><b>Reflection:</b></p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</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@mcleanschool.org](mailto:amcdonald@mcleanschool.org)) for alternative options.