



## 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 (4/6)	Tuesday (4/7)	Wednesday (4/8)	Thursday (4/9)	Friday (4/10)
<p><b>*Mindful minute:</b> Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute.</p>	<p><b>*Mindful minute:</b> Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>
<p><b>Run/walk/ride a bike for 15 minutes or (Choose 3 exercises. Complete 30 seconds to 1 minute, Repeat 4-5 times)</b> -Jog in place -Mountain Climbers -Scissor Jumps -Push Ups -Jumping Jacks -Hop on 1 foot (then the other) -Calf Raises <b>Rest then Repeat!</b></p>	<p><b>Pyramid Challenge: (Complete 2-3 times)</b> -20 Jumping Jacks -15 Air Squats -10 Ab Flutter Kicks -5 Burpees -10 Ab Flutter Kicks -15 Air Squats -20 Jumping Jacks <b>Rest then Repeat!</b></p>	<p><b>Cardio Challenge:</b> -Foot Taps (Use a book or block, something you can step on) How many taps can you do in 1 minute? Rest then try to beat your score.  <b>Choose 2 exercises Complete for 1 minute. Repeat 2-3 times</b> -Skip, Jog in place, Heel to bottom, or Jump Rope</p>	<p><b>Yoga:</b> <b>Hold each pose for 20 seconds (Repeat 1-2 times)</b>  <b><u>Pretend to be:</u></b> -A tree (tree pose) - A frog (Squat pose) - A seed (child's pose) -A Butterfly (Cobbler's pose) -A Flower (Flower pose) -A Rainbow (Rainbow pose)</p>	<p><b>Fun Friday!</b> <b>Repeat any of the following workouts from a previous day or:</b> -Hitting with a bat and ball -Create an obstacle course (indoors or outside) -Hop scotch -Four Square -Hula Hoop</p>

<p><b>Dribbling/Bouncing a ball: (How many dribbles/bounces can you get?)</b></p> <ul style="list-style-type: none"> <li>-Bouncing the ball between your legs</li> <li>-Dribbling the ball while sitting or kneeling down</li> <li>-Dribbling your ball along the lines or dribbling around in open space</li> </ul> <p><b>Shooting Practice:</b> Find a small ball. See how many shots you can make into a hoop or into a hamper/wash basket.</p> <p><b>Now try:</b> If you make it, take one step back. How far back can you go?</p>	<p><b>Dribbling with your feet/kicking: (Complete 30 seconds to 1 minute. Repeat 3-4 times)</b></p> <ul style="list-style-type: none"> <li>-Trapping the ball with one foot on top, then pull the ball behind you</li> <li>-Bounce the ball, kick and see if you can catch it</li> <li>-Punting</li> </ul> <p><b>Dribbling/Kicking Practice:</b></p> <ul style="list-style-type: none"> <li>-Dribble the ball with your feet around cones or objects on the ground. Time yourself through the course. Repeat.</li> <li>-Set up a target, see if you can kick the ball and hit the target (Soccer bowling)</li> <li>-Play Red light, Green light while dribbling</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>Try Partner Sit Ups: How many can you do together?</b></p> <ul style="list-style-type: none"> <li>-Facing your partner, do a sit up and hand them a ball or object. Keep switching back and forth</li> <li>-Lie on your back, have your partner stand above your head, hold their ankles, raise your legs up and down slowly</li> <li>-Balance on an object or on one foot. Toss a ball back and forth to your partner</li> </ul>	<p><b>Throwing and Catching: (Use a ball or bean bag) How many catches can you make?</b></p> <p><b><i>Practice your tossing and catching from last week:</i></b></p> <ul style="list-style-type: none"> <li>-Throw the ball as high up as you can then try to catch it</li> <li>-Throw a ball up in the air while sitting and trying to catch it</li> <li>-Throw and catch the ball against the wall</li> </ul> <p><b>Now Try:</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>-Throwing 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>Additional fun games to play:</b></p> <ul style="list-style-type: none"> <li>-Plank-o-rama</li> <li>-Tic Tac Toe relay race</li> </ul> <p><b>*See below for instructions how to play</b></p>
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<p><b>Reflection:</b></p> <p>What is one exercise you feel you do the best and one that you would like to improve upon? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What is one exercise you feel you do the best and one that you would like to improve upon? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What is one exercise you feel you do the best and one that you would like to improve upon? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What is one exercise you feel you do the best and one that you would like to improve upon? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What is one exercise you feel you do the best and one that you would like to improve upon? 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](https://www.youtube.com/watch?v=JQ0bNee1NJg&feature=emb_logo)

**\*Tic Tac Toe Relay: (Equipment Needed: 6 objects- 3 of the same for one player and 3 of the same for another player. Chalk or shoe laces)**

**How to Play:**

- Create a tic tac toe board- 9 spaces. You can use chalk or shoe laces to create the board.
- Place your 3 objects at one of the room or yard
- On go, pick up on object and run it down to the tic tac toe board to place in a square, and then run back
- Pick up the next object, run down and place it on the board
- Repeat until someone has won (If you are tied, run to the start and back to the board to move your object to another square. Keep going until there is a winner)

<https://www.youtube.com/watch?v=IRDp5HcZyVA>

\*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](mailto:bchambers@mcleanschool.org)) or Mr. McDonald ([amcdonald@mcleanschool.org](mailto:amcdonald@mcleanschool.org)) for alternative options.