



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 (3/30)	Tuesday (3/31)	Wednesday (4/1)	Thursday (4/2)	Friday (4/3)
<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p>*Mindful minute: Before your workout, close your eyes and focus on your breathing for one minute.</p>
<p>(Choose 3 exercises. Complete 30 seconds to 1 minute, Repeat 4-5 times)</p> <ul style="list-style-type: none"> -Run in place -High knees -Jump as high as you can -Frog jumps -Skip -Balance on 1 foot -Bunny hops <p>Rest then Repeat!</p>	<p>Pyramid Challenge: (Complete 2-3 times)</p> <ul style="list-style-type: none"> -20 Star Jumps -10 Bear Walks -5 Squats -10 Sit Ups -5 Squats -10 Bear Walks -20 Star Jumps <p>Rest then Repeat!</p>	<p>Cardio Challenge:</p> <ul style="list-style-type: none"> -Jump Rope for 2 mins. If you don't have a rump rope, jump in place pretending that you are turning a rope with your arms (Repeat 3 times) -Run 5 laps around your house or up and down your driveway (with parent supervision) 	<p>Yoga:</p> <p>Hold each pose for 20 seconds (Repeat 1-2 times)</p> <p><i>Practice a few yoga poses from last week:</i></p> <ul style="list-style-type: none"> -Downward Dog -Warrior Pose -Chair Pose -Tree Pose -Butterfly <p>Now Try:</p> <ul style="list-style-type: none"> -Child's pose -Crescent moon Pose -Bridge -Plank Pose 	<p>Fun Friday!</p> <p>Repeat any of the following workouts from a previous day or:</p> <ul style="list-style-type: none"> -Shoot hoops with a basketball -Kick a soccer ball -Throw a ball or frisbee with a partner -Have a running race with your family members -Dance -Jump on a trampoline

<p>Dribbling/Bouncing a ball: (How many dribbles/bounces can you get?)</p> <p><i>Practice your right and left hand dribbling from last week:</i></p> <ul style="list-style-type: none"> -Right hand dribble -Left hand dribble <p>Now try:</p> <ul style="list-style-type: none"> -Bouncing the ball between your legs -Dribbling the ball, spin around, and dribble again -Dribbling the ball while sitting or kneeling down -Dribbling the ball with your eyes closed -Dribbling your ball along the lines or dribbling around in open space 	<p>Dribbling with your feet/kicking: (Complete 30 seconds to 1 minute. Repeat 3-4 times)</p> <p><i>Continue practicing the following from last week:</i></p> <ul style="list-style-type: none"> -Toe taps on top of the ball -Tick Tock- Move the ball side to side between your feet -Right foot dribble -Left foot dribble -Dribble around making different shapes (In circles, squares, triangles) <p>Now try:</p> <ul style="list-style-type: none"> -Trapping the ball with one foot on top, then pull the ball behind you -Bounce the ball, kick and see if you can catch it -Throw the ball up in the air and kick it before it hits the ground (punting) 	<p>AB Workout: (Complete 2-3 times)</p> <ul style="list-style-type: none"> -10 Sit Ups -10 Leg Raises -10 Supermans -10 Flutter Kicks -10 Elbow to Knee Crunches <p>Or try sit ups with a partner: How many can you do together?</p> <ul style="list-style-type: none"> -Facing your partner, do a sit up and high five your partner -Facing your partner, do a sit up and hand them a ball or object -Have your partner stand in front of you, do a sit up and toss the ball/object to your partner -Sit back to back with your partner, pass the ball side to side 	<p>Throwing and Catching: (Use a ball or bean bag) How many catches can you make?</p> <p><i>Practice your tossing and catching from last week:</i></p> <ul style="list-style-type: none"> -Toss and Catch to yourself -Toss your object in the air, clap in between and then catch -Throw and catch with a family member or friends <p>Now try:</p> <ul style="list-style-type: none"> -Throwing the ball as high up as you can then try to catch it -Throwing a ball up in the air while kneeling on one knee and then try catching it -Throwing a ball up in the air while sitting and trying to catch it -Throwing and catching the ball against the wall 	<p>Stay Active!</p> <p>Additional fun games to play:</p> <ul style="list-style-type: none"> -Roll a dice exercise game -Deck of cards exercise <p>*See below for instructions how to play</p>

<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.</p>

***Roll a dice exercise Game**

How to play:

- Choose 3 different exercises (Example: Jump Jacks, Squats, Push ups, Sit ups)
- Before rolling the dice, choose which exercises you would like to do that round
- Roll the dice and see how many exercises you should do

***Deck of Card Exercise**

How to play:

- Get a deck of cards
- Assign a fun exercise for each suit (Example: Hearts= Jumping Jacks, Diamonds= high knees, Clubs= bear crawls, and Spades= planks)
- Choose a card from the deck and complete that exercise
- *Note- face cards are worth 10 and Aces everyone must join in (If you are alone, create your own number)

*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.