



McLean School Physical Education Home Workouts

Middle 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>Run/walk/ride a bike for 15 minutes Or (Complete each exercise for 30 seconds. Repeat 3-4 times)</p> <ul style="list-style-type: none"> -Run in place -Jumping Jacks -Star Jumps -Squat Jumps -Mountain Climbers -Run up stairs or a hill <p>Rest then Repeat!</p>	<p>Pyramid Challenge (Repeat 1-2 Times for Maximum Results)</p> <ul style="list-style-type: none"> -20 Jumping Jacks -15 Standing Frog Jumps -10 Push Ups -5 Walking Lunges -10 Push Ups 15 Standing Frog Jumps -20 Jumping Jacks <p>Rest then Repeat!</p>	<p>Agility Workout: (Choose 3 exercises below. Repeat 3-4 times for 30 seconds. Rest in between)</p> <p>Continue practicing the following from last week:</p> <ul style="list-style-type: none"> -Side shuffle -Backwards run -Shuttle runs (create a space 25 yards a part, sprint down and back) <p>Now Try:</p> <ul style="list-style-type: none"> -Line jumps side to 	<p>*Repeat exercises in order 2-3 times, or if you want a challenge, go for 4! Take 30-60 second breaks in between each set of exercises</p> <ul style="list-style-type: none"> -10 Jumping Jacks -10 Push ups -10 Knee tucks -10 Crunches -10 Squats -5 Burpees <p>Water Break and repeat!</p>	<p><u>Friday (Fun Friday): BE ACTIVE!</u></p> <p>Repeat any of the following workouts above or:</p> <ul style="list-style-type: none"> -Shoot hoops with a basketball -Kick a soccer ball -Throw a football, baseball or frisbee with a partner -Have a running race with your family members -Dance

		<p>side</p> <ul style="list-style-type: none"> -Line Jumps forward and backwards -Hopping side to side from one foot to the other -Place cones or small, flat objects on the ground spread out from one another: while running, weave in and out 		-Jump on a trampoline
<p>Dribble a basketball</p> <ul style="list-style-type: none"> -Dribble the ball between your legs -Dribble the ball, spin around, and dribble again -Dribble the ball while sitting or kneeling down -Dribble the ball around cones or objects on the ground <p>Shoot hoops with a basketball</p> <ul style="list-style-type: none"> -Spot shooting (Shoot and get your own rebound quickly, find a new spot to shoot) -Play 1 vs 1 with a family member or friend 	<p>Throwing and Catching: (Use a small ball, tennis ball, football or baseball/softball)</p> <p>How many catches can you make?</p> <ul style="list-style-type: none"> -Throw the ball up and see if you can catch it with your right hand, then your left hand -Throw and catch the ball against the wall -Throw the ball as high up as you can -Throw a ball while kneeling on one knee -Balancing on 1 foot, throw the ball up in the air and catch it 	<p>Dribbling with your feet (soccer ball, kickball, or any ball you can use with your feet)</p> <ul style="list-style-type: none"> -Dribble in and out of cones or other objects you can put down as obstacles -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 -Punt the ball into the air and see if you can catch it -Kick a ball against a wall or towards a target -Juggle a ball using your feet or thighs (How many can you get in a row?) 	<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 standing in front of you, do a sit up and toss the ball/object to your partner 	<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>
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***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)

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.