



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 (4/13)	Tuesday (4/14)	Wednesday (4/15)	Thursday (4/16)	Friday (4/17)
<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</p>	<p>*Mindful minute: Walk slowly, focus on the different movements that go into each step. Listen to the sounds around you. At the end of your walk, take a few slow deep breaths.</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"> -Jog in place -Inch worms -Burpees -Standing windmills -Push ups -High Knees -Foot taps (use a book or block to step on) <p>Rest then Repeat!</p>	<p>Pyramid Challenge (Repeat 1-2 Times for Maximum Results)</p> <ul style="list-style-type: none"> -10 Squats -10 Push ups -8 Squats -8 Push ups -6 Squats -6 Push ups -4 Squats -4 Push ups -2 Squats -2 Push ups <p>Rest then Repeat!</p>	<p>Agility Workout: (Choose 3 exercises below. Repeat 3-4 times for 30 seconds.</p> <ul style="list-style-type: none"> -Foot Taps (How many taps can you do? Rest then try to beat your score) - Line Jumps (Forward & Back or Side to side) -Scissor Jumps -Slalom around cones <p>Rest then Repeat!</p>	<p>*Repeat exercises in order 3-4 times, Take 30-60 second breaks in between each set of exercises</p> <ul style="list-style-type: none"> -Jump Rope for 30 seconds -20 Shoulder taps -Jump Rope for 30 seconds -20 Lunges -Jump Rope for 30 seconds -20 Arm raises <p>Rest then Repeat!</p>	<p><u>Friday (Fun Friday):</u> <u>BE ACTIVE!</u> Repeat any of the following workouts above or:</p> <ul style="list-style-type: none"> -Shoot hoops or dribble a basketball -Juggle a soccer ball -Throwing & catching with a softball/ baseball, football, frisbee or lacrosse stick -Badminton/tennis -Dance -Yoga

<p>Ball Handling & Dribbling a ball: (How many can you do?)</p> <ul style="list-style-type: none"> -Wrap the ball around your waist -Wrap the ball around your knees -Wrap the ball around one leg, then the other leg -Figure 8 between your legs <p>Dribbling:</p> <ul style="list-style-type: none"> -50 right hand stationary dribbles -50 left hand stationary dribbles -50 stationary crossovers -While moving, dribble using your right then left hand around cones <p>Shooting Practice:</p> <ul style="list-style-type: none"> -How many baskets can you make in 1 minute? Repeat & try to beat your score -Play around the world shooting -Play PIG or HORSE with a partner or group 	<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 and catch a ball against a wall -While kneeling down, throw and catch with a partner -While standing, throw and catch with a partner -Throw and catch with a partner. With every catch, take one step back --Edge of the World: Throw the ball as close to an object as you can without going past the object. (With a partner, who can get the closest?) 	<p>Dribbling/Kicking (soccer ball, kickball, or any ball you can use with your feet)</p> <ul style="list-style-type: none"> -Dribble the ball around with your feet Try doing different moves with the ball (Step over, pull back, scissors) -Create a square. Dribble around inside the square at different speeds. Now make your square smaller. Repeat. See how small of a space you can dribble in while staying in control of the ball. -Play 1 vs 1 with a partner -Shoot the ball into a net or between two cones. Add a goalie if you have a partner. For every goal scored you get 1 point then switch places. 	<p>AB Workout: (Complete 2-3 times)</p> <ul style="list-style-type: none"> -25 Sit ups -25 Leg raises -25 Supermans -25 Side-to-side crunches -25 Alternating toe reach <p>Or try sit ups with a partner: How many can you do together?</p> <ul style="list-style-type: none"> -Wall sit, pass a ball back & forth to a partner -Plank position, shake your partner's hand. Keep switching hands. -Lay on your back, sit up and toss a ball to your partner. Repeat. 	<p>Stay Active!</p> <p>Additional fun games to play:</p> <ul style="list-style-type: none"> -Plank-o-rama -Spell your name workout <p>*See below for instructions how to play</p>
<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,)</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,)</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,)</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,)</p>	<p>Reflection:</p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,)</p>

Share your feelings with a family member or friend.	Share your feelings with a family member or friend.	Share your feelings with a family member or friend.	Share your feelings with a family member or friend.	Share your feelings with a family member or friend.
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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

***Spell Your Name Workout: (Spell your name then do the exercise!)**



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.