



## 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 (4/20)	Tuesday (4/21)	Wednesday (4/22)	Thursday (4/23)	Friday (4/24)
<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>
<p><b>Run/walk/ride a bike for 15 minutes</b> <b>Or</b> <b>(Complete each exercise for 30 seconds. Repeat 3-4 times)</b></p> <ul style="list-style-type: none"> <li>-Jumping Jacks</li> <li>-Mountain Climbers</li> <li>-Frankenstein</li> <li>Stretches</li> <li>-Plank to Elbows</li> <li>-Jump Rope</li> <li>-Heel to Bottom</li> <li>-Star Jumps</li> </ul> <p><b>Rest then Repeat!</b></p>	<p><b>Pyramid Challenge (Repeat 1-2 Times for Maximum Results)</b></p> <ul style="list-style-type: none"> <li>-10 Burpees</li> <li>-10 Toe touches</li> <li>crunches</li> <li>-8 Burpees</li> <li>-8 Toe touch</li> <li>crunches</li> <li>-6 Burpees</li> <li>-6 Toe touch</li> <li>crunches</li> <li>-4 Burpees</li> <li>-4 Toe touch</li> <li>crunches</li> <li>-2 Burpees</li> </ul>	<p><b>Agility Workout: (Choose 3 exercises below. Repeat 3-4 times for 30 seconds.)</b></p> <ul style="list-style-type: none"> <li>-Weave in &amp; out cones/objects on the ground</li> <li>-Weave in &amp; out going backwards</li> <li>-Two foot jump over the cones/objects</li> <li>-One foot jump over cones/objects</li> <li>-Lateral step over the cones/objects</li> </ul> <p><b>Rest then Repeat!</b></p>	<p><b>*Repeat exercises in order 3 times, Take 30-60 second breaks in between each round</b></p> <ul style="list-style-type: none"> <li>-30 Seconds-Run in place</li> <li>-12 Bicep curls</li> <li>-30 Seconds- Run in place</li> <li>-12 Push ups</li> <li>-30 Seconds- Run in place</li> <li>-12 Jumping Jacks</li> <li>-30 Seconds- Run in place</li> <li>-12 Heel to Bottom</li> <li>-30 Seconds- Run in place</li> </ul>	<p><b><u>Friday (Fun Friday):</u></b> <b><u>BE ACTIVE!</u></b> <b>Repeat any of the following workouts above or:</b></p> <ul style="list-style-type: none"> <li>-Shoot hoops</li> <li>-Throw and catch</li> <li>-Run laps around your yard</li> <li>-Walk up steps (Inside or outside)</li> <li>-Floor is lava challenge (with parent permission)</li> <li>-Dance</li> <li>-Yoga</li> </ul>

	-2 Toe touch crunches  <b>Rest then Repeat!</b>			
<p><b>Dribbling a ball: (How many can you do in 1 minute?)</b> Spread out cones/objects in a playing area -Right hand dribble, touch a cone/object with your left hand. Dribble to the next cone -Now try the same activity while using your left hand. Then switching hands.</p> <p><b>Ball Handling:</b> -50 wrap the ball around your waist -50 wrap the ball around your legs -25 wrap the ball around your right leg -25 wrap the ball around your left leg</p> <p><b>Shooting Practice:</b> Poly spot shooting -Place a bunch of cones/objects around the basketball hoop -Dribble to one spot &amp; shoot. If you make the basket, you take the object back to your starting point.</p>	<p><b>Throwing and Catching: (Use a small ball, tennis ball, football or baseball/softball)</b>  -Throw and catch a ball against a wall -Throw at a stationary target -Now try throwing at a moving target (Example: rolling hula hoop or ball) <b><i>How many times can you hit the object?</i></b>  -Throw for distance -Toss the ball high into the air, see if you can catch it (Try with a partner) -Throw and catch with a partner</p>	<p><b>Dribbling/Kicking (soccer ball, kickball, or any ball you can use with your feet)</b>  -Dribble the ball around with your feet Try doing different moves with the ball (Step over, pull back, scissors) -Dribble the ball around cones/objects and pass or shoot into a goal (If you don't have a goal, create one with two objects on the ground)  -World Cup with a partner or the whole family. Each person picks a country. Play with one ball. Before you score, say your country's name. If you score, you earn 1 point.</p>	<p><b>AB Workout: (Complete 2-3 times)</b> -25 Crunches -25 Flutter Kicks -25 Russian Twists -25 Elbow to Knee -25 Windshield Wipers</p> <p><b>Try Partner Sit Ups: How many can you do together?</b>  -Sit up throw and catch -Sit up challenge. How many sit ups can you do in 1 minute? See if you can beat your partner</p> <p><b>-Bridges and Rivers:</b> Partner "A" starts in a high plank position. Partner "B" crawls under Partner "A". Once Partner "B" has gone under, then Partner "A" lies flat on their stomach. Partner "B" jumps over Partner "A". Repeat for 1 minute, then switch places.</p>	<p><b>Stay Active!</b></p> <p><b>Additional fun games to play:</b>  -Coin Toss Workout  -PE teacher of the day. (Create your own workout/games. Teach the activity to your family and play along too!)</p> <p><b>*See below for instructions how to play</b></p>

-No basketball hoop? Play the same game by shooting a small ball into a box/bucket				
<b>Reflection:</b> What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.	<b>Reflection:</b> What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.	<b>Reflection:</b> What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.	<b>Reflection:</b> What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.	<b>Reflection:</b> What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.

### How to Play Coin Toss Workout:

## Coin Toss Workout

*Live life on the wild side*

#### DIRECTIONS:

- Flip a coin to see what your workout will be.
- Play on your own or take turns flipping the coin with a friend and doing the exercises together.

#### YOU WILL NEED:

- A coin
- Space to workout about the size of a yoga mat
- Sneakers & a water bottle

COIN TOSS	HEADS	TAILS
Toss #1	10 Jumping Jacks	15 Ski Jumps
Toss #2	10 Burpees	20 Mountain Climbers
Toss #3	30 second Plank	5 Push Ups
Toss #4	10 Lunges (each leg)	20 Squats
Toss #5	10 Arm circles	10 Frankensteins
Toss #6	30 second Wall-Sit	20 Wall Push Ups
Toss #7	10 Side Kicks	20 Front Kicks
Toss #8	10 Squat Jumps	15 Star Jumps
Toss #9	10 High Knees	15 Butt Kicks
Toss #10	60 Second Shadow Boxing	60 Second Jump Rope (air rope)

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.