



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 (4/27)	Tuesday (4/28)	Wednesday (4/29)	Thursday (4/30)	Friday (5/1)
<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 -5 Push Ups -20 High Knees -7 Burpees -10 Crunches -7 Burpees -20 High Knees -5 Push Ups -30 Jumping Jacks -1 Minute Wall Sit <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"> -Hopping side to side from one foot to the other -Feet together: Line Jumps -Shuttle runs -While running, zig zag between cones -Create a square, start in bottom left corner: side shuffle, run forward, carioca, backpedal <p>Rest then Repeat!</p>	<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>Rest then Repeat!</p>	<p>Friday (Fun Friday): Repeat any of the following workouts from a previous day or:</p> <ul style="list-style-type: none"> -PE Teacher of the Day -Your choice of an activity that you enjoy the most! -Engage your family as well!

<p>Dribble a basketball</p> <ul style="list-style-type: none"> -Right hand dribble -Left hand dribble -Crossover (Bounce right hand to left hand) -Bounce pass with a partner -Chest Pass with a partner <p>Shoot hoops with a basketball</p> <ul style="list-style-type: none"> -Around the world shooting -Play with a family member or friend -Don't have a hoop? Use a clothes basket or trash can to shoot into. 	<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 -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"> -25 Crunches -25 Arm Taps in a plank position -25 Supermans -25 Leg Raises -30 Sec Side plank (both sides) <p>Pyramid Partner Sit Ups: How many can you do together?</p> <ul style="list-style-type: none"> -Partner A does 1 sit up -Partner B does 2 sit ups -Partner A now does 3 sit ups -Continue going up the pyramid together 	<p>Stay Active!</p>
<p>Reflection:</p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p>Reflection:</p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p>Reflection:</p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p>Reflection:</p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>	<p>Reflection:</p> <p>What was your favorite exercise or activity of the day? Share your response with a family member or friend.</p>

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.