



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 (4/6)	Tuesday (4/7)	Wednesday (4/8)	Thursday (4/9)	Friday (4/10)
<p>*Mindful minute: Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>	<p>*Mindful minute: Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>	<p>*Mindful minute: Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>	<p>*Mindful minute: Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 minute</p>	<p>*Mindful minute: Think of a word that is soothing and calming (ex. peace, sunshine, love), say the word to yourself with each breath you take, keep your attention on your word. Repeat for 1 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"> -Jog in place -Mountain Climbers -Jump Squats -Push Ups -Jumping Jacks -Calf Raises -Bicep Curls -High Knees 	<p>Pyramid Challenge (Repeat 1-2 Times for Maximum Results)</p> <ul style="list-style-type: none"> -20 Jumping Jacks -15 Air Squats -10 Ab Flutter Kicks -5 Burpees -10 Ab Flutter Kicks -15 Air Squats -20 Jumping Jacks <p style="text-align: center;">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, 	<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"> -Run in place 30 secs -12 Bicep curls -12 Push ups -12 Jumping jacks -12 Heels to bottom 	<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"> -Hitting with a bat and ball -Throwing and Catching -Tennis or badminton -Four Square -Dance (TikTok) -Active Virtual Reality games

<p>Rest then Repeat!</p>	<p>Challenge: How long can you hold a wall squat? Repeat. Try to beat your previous time.</p>	<p>run forward, carioca, backpedal</p> <p>Rest then Repeat!</p>	<p>-12 Exercise of your choice</p> <p>Rest then Repeat!</p>	
<p>Dribble a basketball -While stationary, right hand/Left hand dribble the ball around a cone or object -While moving, dribble the ball around cones or objects on the ground -Dribble the ball, jump stop, and pretend to shoot the ball. Focus on form.</p> <p>Shooting Practice: See how many shots you can make into a hoop in 2 mins. (Indoors: shoot into a bin or hamper/wash basket) Now try: If you make a basket, take one step back. How far back can you go?</p>	<p>Throwing and Catching: (Use a small ball, tennis ball, football or baseball/softball)</p> <p>How many catches can you make?</p> <p>-Throw and catch a ball against a wall -Throw the ball at a target on the ground. How close can you get to the target? -Throw the ball as far as you can. With a partner, see who can throw the farthest? -Throw and catch with a partner. With every catch, take one step back</p>	<p>Dribbling/Kicking (soccer ball, kickball, or any ball you can use with your feet)</p> <p>-Dribble the ball with your feet around cones or objects on the ground. Time yourself through the course. Repeat. -Set up a target, see if you can kick the ball and hit the target (Soccer bowling) -Juggle a ball using your feet or thighs (How many can you get in a row?) -Play 1 vs 1 with a partner</p>	<p>AB Workout: (Complete 2-3 times) -20 Crunches -20 Arm Taps in a plank position -20 Supermans -20 Leg Raises -30 Sec. Side plank (both sides)</p> <p>Or try sit ups with a partner: How many can you do together? -Facing your partner, do a sit up and hand them a ball or object. Keep switching back and forth -Lie on your back, have your partner stand above your head, hold their ankles, raise your legs up and down slowly -Balance on an object or on one foot. Toss a ball back and forth to your partner</p>	<p>Stay Active!</p> <p>Additional fun games to play:</p> <p>-Plank-o-rama</p> <p>-Tic Tac Toe relay race</p> <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</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your</p>	<p>Reflection: Think about one exercise you enjoyed doing today and one that you found difficult. Share your</p>

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

***Tic Tac Toe Relay: (Equipment Needed: 6 objects- 3 of the same for one player and 3 of the same for another player. Chalk or shoe laces)**

How to Play:

- Create a tic tac toe board- 9 spaces. You can use chalk or shoe laces to create the board.
- Place your 3 objects at one of the room or yard
- On go, pick up on object and run it down to the tic tac toe board to place in a square, and then run back
- Pick up the next object, run down and place it on the board
- Repeat until someone has won (If you are tied, run to the start and back to the board to move your object to another square. Keep going until there is a winner)

<https://www.youtube.com/watch?v=IRDp5HcZyVA>

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.