



McLean School Physical Education Home Workouts

Upper 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 (3/23)	Tuesday (3/24)	Wednesday (3/25)	Thursday (3/26)	Friday (3/27)
<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 or walk for 20-30 mins Or 10-30 seconds of each exercise for 10-15 mins</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>*Repeat exercises in order 2-3 times, or if you want a challenge, go for 4! Take 30-60 second breaks in between each exercise.</p> <ul style="list-style-type: none"> -10 Burpees -10 Tricep dips -20 Squat Jumps -30 Sec Run in place -30 Arm Circles -10 Forward Lunges (each leg) -Challenge: Hold a plank as long as you can 	<p>Workout: HIIT (High Intensity Interval Training) *20 seconds on, 10 seconds off- Complete 3 times</p> <ul style="list-style-type: none"> -Jumping Jacks -Plank arm taps (in a plank position, tap your opposite shoulder with your hand and switch quickly) -Knee tucks -Side to Side line jumps -Push ups 	<p>Run/Walk/Ride a bike 20-30 minutes OR Complete exercises below (Repeat 3 times)</p> <ul style="list-style-type: none"> -Run around your house or up your driveway 5 times -Jump Rope for 2 mins (If you don't have a jump rope: Jump in place pretending you a turning the rope with your arms) -Run up a hill or incline for 2 mins 	<p><u>Friday (Fun Friday):</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 with your feet -Partner throw and catch -Dance -Go for a walk or run

<p>Core Workout: (Repeat 4 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>Core Workout: (Repeat 3 times)</p> <ul style="list-style-type: none"> -15 Sit Ups -15 Leg Raises -15 Supermans -15 Flutter Kicks -15 Elbow to Knee Crunches 	<p>Core Workout: (Repeat 2 times)</p> <ul style="list-style-type: none"> -20 Sit Ups -20 Leg Raises -20 Supermans -20 Flutter Kicks -20 Elbow to Knee Crunches 	<p>Core Workout (Repeat 1 time)</p> <ul style="list-style-type: none"> -25 Sit Ups -25 Leg Raises -25 Supermans -25 Flutter Kicks -25 Elbow to Knee Crunches 	<p>Stay Active!</p>
<p>Reflection:</p> <p>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:</p> <p>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:</p> <p>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:</p> <p>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:</p> <p>Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings 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.