



## 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 (4/13)	Tuesday (4/14)	Wednesday (4/15)	Thursday (4/16)	Friday (4/17)
<p><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><b>Run or walk for 20-30 mins Or 10-30 seconds of each exercise for 10-15 mins</b></p> <ul style="list-style-type: none"> <li>-Jog in place</li> <li>-Burpees</li> <li>-Standing windmills</li> <li>-High Knees</li> <li>-Push ups</li> <li>-Foot taps (use a book or block to step on)</li> </ul> <p><b>Rest then Repeat!</b></p>	<p><b>*Repeat exercises in order 2-3 times. Take 30-60 second breaks in between each exercise.</b></p> <ul style="list-style-type: none"> <li>-10 Squats</li> <li>-10 Push ups</li> <li>-8 Squats</li> <li>-8 Push ups</li> <li>-6 Squats</li> <li>-6 Push ups</li> <li>-4 Squats</li> <li>-4 Push ups</li> <li>-2 Squats</li> <li>-2 Push ups</li> </ul> <p><b>Rest then Repeat!</b></p>	<p><b>Workout: HIIT (High Intensity Interval Training)</b></p> <p><b>*20 seconds on, 10 seconds off- Complete 3 times</b></p> <ul style="list-style-type: none"> <li>-Burpees</li> <li>-Toe touch crunches</li> <li>-Plank to elbows</li> <li>-Mountain Climbers</li> <li>-Squat Jumps</li> <li>-Should taps</li> <li>-Line jumps</li> </ul> <p><b>Rest then Repeat!</b></p>	<p><b>Run/Walk/Ride a bike 20-30 minutes OR Complete exercises below (Repeat 3 times)</b></p> <ul style="list-style-type: none"> <li>-Run around your house or up your driveway 5 times</li> <li>-Run up a hill or stairs for 5 mins</li> <li>-Jumping Jacks for 10 mins (2 mins then rest for 1 min, repeat)</li> </ul> <p><b>Rest then Repeat!</b></p>	<p><b><u>Friday (Fun Friday):</u></b> <b>Repeat any of the following workouts above or:</b></p> <ul style="list-style-type: none"> <li>-Shoot hoops or dribble a basketball</li> <li>-Juggle a soccer ball</li> <li>-Throwing &amp; catching with a softball/baseball, football, frisbee or lacrosse stick</li> <li>-Badminton/tennis</li> <li>-Dance</li> <li>-Yoga</li> </ul>

<p><b>Core Workout: (Repeat 4 times)</b></p> <ul style="list-style-type: none"> <li>-10 Sit ups</li> <li>-10 Leg raises</li> <li>-10 Supermans</li> <li>-10 Side-to-side crunch</li> <li>-10 Alternating toe reach</li> </ul>	<p><b>Core Workout: (Repeat 3 times)</b></p> <ul style="list-style-type: none"> <li>-15 Sit ups</li> <li>-15 Leg raises</li> <li>-15 Supermans</li> <li>-15 Side-to-side crunch</li> <li>-15 Alternating toe reach</li> </ul>	<p><b>Core Workout: (Repeat 2 times)</b></p> <ul style="list-style-type: none"> <li>-20 Sit ups</li> <li>-20 Leg raises</li> <li>-20 Supermans</li> <li>-20 Side-to-side crunches</li> <li>-20 Alternating toe reach</li> </ul>	<p><b>Core Workout (Repeat 1 time)</b></p> <ul style="list-style-type: none"> <li>-25 Sit ups</li> <li>-25 Leg raises</li> <li>-25 Supermans</li> <li>-25 Side-to-side crunches</li> <li>-25 Alternating toe reach</li> </ul>	<p><b>Stay Active!</b></p>
<p><b>Reflection:</b></p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What motivates you to exercise? (Ex. Feel stronger, it's fun, relieves stress,) 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](mailto:bchambers@mcleanschool.org)) or Mr. McDonald ([amcdonald@mcleanschool.org](mailto:amcdonald@mcleanschool.org)) for alternative options.