



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 (4/27)	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 or walk for 20-30 mins Or 10-30 seconds of each exercise for 10-15 mins</p> <ul style="list-style-type: none"> -Jog in place -Burpees -Standing windmills -High Knees -Push ups -Foot taps (use a book or block to step on) <p>Rest then Repeat!</p>	<p>*Repeat exercises in order 2-3 times. Take 30-60 second breaks in between each exercise.</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>Workout: HIIT (High Intensity Interval Training)</p> <p>*20 seconds on, 10 seconds off- Complete 3 times</p> <ul style="list-style-type: none"> -Hopping side to side from one foot to the other -Line Jumps (Front & back) -Shoulder Press (No weight or light weight) -Burpees -Split Leg Lunge Jumps <p>Rest then Repeat!</p>	<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 are turning the rope with your arms) -Run up a hill or incline for 2 mins <p>Rest then Repeat!</p>	<p><u>Friday (Fun Friday):</u> Repeat any of the following workouts from a previous day Or:</p> <ul style="list-style-type: none"> -Your choice of an activity that you enjoy the most! -Engage your family as well!

<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 Bicycles 	<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 Bicycles 	<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 Bicycles 	<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 Bicycles 	<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.