



## 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 (4/6)	Tuesday (4/7)	Wednesday (4/8)	Thursday (4/9)	Friday (4/10)
<p><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><b>*Mindful minute:</b> 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><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>-Jumping Jacks</li> <li>-Air Squats</li> <li>-Mountain Climbers</li> <li>-Calf Raises</li> <li>-High Knees</li> <li>-Bicep Curls</li> <li>-Crunches</li> <li>-Jump Rope</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>-20 Jumping Jacks</li> <li>-15 Sumo Squats</li> <li>-10 Ab Flutter Kicks</li> <li>-5 Burpees</li> <li>-10 Ab Flutter Kicks</li> <li>-15 Sumo Squats</li> <li>-20 Jumping Jacks</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>-Hopping side to side from one foot to the other</li> <li>-Line Jumps (Front &amp; back)</li> <li>-Shoulder Press (No weight or light weight)</li> <li>-Burpees</li> </ul>	<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>-Jump Rope for 2 mins</li> <li>-Walk or run upstairs for 2 mins</li> <li>-Plank walk</li> </ul> <p><b>Or</b></p> <ul style="list-style-type: none"> <li>-Run for 2 minutes, walk for 2 minutes,</li> </ul>	<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 with your feet</li> <li>-Hitting with a bat and ball</li> <li>-Bump a volleyball</li> <li>-Dance</li> <li>-Yoga</li> </ul>

	<b>Challenge:</b> How long can you hold a wall squat? Repeat. Try to beat your previous time.	-Split Leg Lunge Jumps  <b>Rest then Repeat!</b>	keep repeating for 20-30 mins.  <b>Rest then Repeat!</b>	
<b>Core Workout: (Repeat 4 times)</b> -10 Plank shoulder taps -10 Reverse crunches -10 Bicycle crunches -10 Russian twists -10 Side plank dips	<b>Core Workout: (Repeat 3 times)</b> -15 Plank shoulder taps -15 Reverse crunches -15 Bicycle crunches -15 Russian twists -15 Side plank dips	<b>Core Workout: (Repeat 2 times)</b> -20 Plank shoulder taps -20 Reverse crunches -20 Bicycle crunches -20 Russian twists -20 Side plank dips	<b>Core Workout (Repeat 1 time)</b> -25 Plank shoulder taps -25 Reverse crunches -25 Bicycle crunches -25 Russian twists -25 Side plank dips	<b>Stay Active!</b>
<b>Reflection:</b> Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.	<b>Reflection:</b> Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.	<b>Reflection:</b> Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.	<b>Reflection:</b> Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.	<b>Reflection:</b> Think about one exercise you enjoyed doing today and one that you found difficult. Share your feelings with a family member or friend.

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.