








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.

Physical Education Spirit Week

Monday (5/4)	Tuesday (5/5)	Wednesday (5/6)	Thursday (5/7)	Friday (5/8)
<p>*School Spirit Day: Wear McLean gear or school colors to complete your workout</p> 	<p>*Sports Day Wear your favorite sports team jersey or shirt to complete your workout</p> 	<p>*Crazy Outfit Day: Wear your craziest outfit to complete your workout (Mismatched socks, backwards shirt etc.)</p> 	<p>*Outside and Active Day Complete your workout outside (Switch with another day if there is inclement weather)</p> 	<p>*Fitness Friday with Family Get your family members to join in on the workout</p> 
<p>Run or walk for 20-30 mins Or Choose 3 of your favorite Stationary Exercises from previous PE workout plans and complete 2-3 times for 30-60 (Example: Jumping jacks, run in place, high knees, mountain climbers etc.)</p>	<p>Choose your favorite Pyramid Challenge from previous PE workout plans and complete 1-2 times (Example: 20 jumping jacks, 15 squats, 10 ab flutter kicks, 5 burpees, 10 ab flutter kicks, 15 squats, 20 jumping jacks)</p>	<p>Choose your favorite: HIIT Workout (High Intensity Interval Training) from previous PE workout plans and complete 3 times for 20 seconds each exercise (Example: Run in place, arm curls, jumping jacks, push ups etc.)</p>	<p>Run/Walk/Ride a bike 20-30 minutes OR Choose 2 of your favorite Cardio Challenges from previous PE workout plans and complete for 10 mins (Example: Jump rope, run laps around the house, burpees, run up hills or steps)</p>	<p>Fun Friday! Choose your favorite workout or activity and complete with your family!</p>

<p>Choose your favorite Core Exercises. Complete 10 reps: (Repeat 4 times)</p>	<p>Choose your favorite Core Exercises. Complete 15 reps: (Repeat 3 times)</p>	<p>Choose your favorite Core Exercises. Complete 20 reps: (Repeat 2 times)</p>	<p>Choose your favorite Core Exercises. Complete 25 reps: (Repeat 2 times)</p>	<p>Stay Active!</p>
<p>Reflection: What was your favorite activity of the day? Share your response with a family member or friend.</p> <p>**Send us pictures/videos of you completing your workout in your McLean gear!</p>	<p>Reflection: What was your favorite activity of the day? Share your response with a family member or friend.</p> <p>**Send us pictures/videos of you completing your workout in your favorite sports team jersey or shirt!</p>	<p>Reflection: What was your favorite activity of the day? Share your response with a family member or friend.</p> <p>**Send us pictures/videos of you completing your workout in your craziest outfit!</p>	<p>Reflection: What was your favorite activity of the day? Share your response with a family member or friend.</p> <p>**Send us pictures/videos of you completing your workout outside!</p>	<p>Reflection: What was your favorite activity of the day? Share your response with a family member or friend.</p> <p>**Send us pictures/videos of you and your family members completing your workout together!</p>

****Please feel free to send us any pictures or videos of you and/or family members completing the workouts for us to post the McLean School PE Twitter page (@McLeanSchoolPE). We would love to see everyone completing their favorite activities!**

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.