

Remote Learning Packet

NB: Please keep all work produced this week. Details regarding how to turn in this work will be forthcoming.

April 20 - 24, 2020

Course: Physical Education

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Weekly Plan:

Monday, April 20

General Mobility Routine

Tuesday, April 21

Workout

Wednesday, April 22

General Mobility Routine

Thursday, April 23

Workout

Friday, April 24

General Mobility Routine

Statement of Academic Honesty

I affirm that the work completed from the packet is mine and that I completed it independently.

I affirm that, to the best of my knowledge, my child completed this work independently

Student Signature

Parent Signature

Monday, April 20

General Mobility Routine (15-20 minutes)

Complete Part I and record how long it took you. Also, record whether or not you were able to complete all of the exercises. If you had trouble with any specific exercises make note of these. Part II of the workout is not mandatory but is encouraged.

Note: no equipment is required for this workout and only a minimum of space. If space is a challenge make modifications as necessary.

PART I:

1. Warmup by running for 2 minutes.
2. Then begin in a resting squat for 30s
3. Bear crawl forwards about 5 feet then straight back.
4. Step back into a pushup position
5. Perform 5 pushups
6. Downdog for 30s
7. Updog for 30s
8. Return to a pushup position
9. Perform 5 pushups

10. Stand up & perform 20 jumping jacks, 10 squats, 10 lunges, and 5 burpees
11. Return to a resting squat for 30 seconds
12. While in resting squat, perform 2 shoulder screws forwards, then 2 backwards, both sides
13. Bear Crawl sideways about 5 feet then return straight back
14. Step back into a pushup position
15. Step your right foot up directly outside your right hand
16. Then reach straight up toward the sky with your right hand & hold for 30s
17. Return to pushup position
18. Step your left foot up directly outside your left hand
19. Then reach straight up toward the sky with your left hand & hold for 30s

20. Return to pushup position
21. 5 pushups
22. Step your feet up to your hands and return to a resting squat
23. Remaining in the squat, grab your left ankle with your right hand and reach straight up toward the sky with your left hand & hold for 30s
24. Remaining in the squat, grab your right ankle with your left hand and reach straight up toward the sky with your right hand & hold for 30s

25. Hands down behind you Crab Walk forwards about 5 feet then straight back
26. Stand up & perform 20 jumping jacks, 10 squats, 10 lunges, and 5 burpees
27. Perform 3 slow Jefferson Curls
28. Rolling Bear Crawl x1 revolution one direction
29. Back Bridge for about 10-15 seconds
30. Rolling Bear Crawl x1 revolution in the opposite direction
31. Find a low hanging branch, pullup bar, ledge, rings, etc. to hang from for as long as you can hold

PART II:

1. Get into a plank
2. Alternate touching opposite elbow and knee for a total of 10 touches
3. Gorilla Hop x2 to the right
4. Gorilla Hop x 2 back to the left
5. Stand and perform 10 steam engine squats (fingers locked behind your head, every time you stand up from a squat touch opposite knee/elbow)
6. Hurdler's walk x6 steps forward
7. Hurdler's walk x6 steps backward
8. Frog Hop x2 forwards
9. Frog Hop x2 backwards

10. Get into a long lunge position
11. Keeping front foot flat on the ground, without touching the back knee to the ground, and trying to keep torso straight up and down slowly lower hips toward the ground. Hold for 15 seconds
12. Switch legs and repeat (hold for 15 seconds)
13. 3 slow Jefferson Curls
14. Rolling Bear Crawl x1 revolution one direction
15. Back Bridge for about 10-15 seconds
16. Rolling Bear Crawl x1 revolution in the opposite direction
17. Find a low hanging branch, pullup bar, ledge, rings, etc. to hang from for as long as you can hold

Tuesday, April 21

Warmup:

1. 3 minute warmup jog
2. 10 jumping back, 5 squats, 1 pushup x3

Workout:

The workout today will focus on full body strength training. You are going to choose your own degree of intensity by choosing the tier that you perform. “Tier 1” will be the easiest option and “Tier 4” will be the hardest option.

5 Squats, 2 Pushups

Bear crawl forward 5 meters

3 Lunges per leg

Bear crawl back (backwards)

3 Burpees

Crab walk forward 5 meters

Hold a high plank for 15 seconds

Crab walk back (backwards)

Repeat for 10 minutes.

Tier 1: Perform as stated above.

For tier 2: multiply quantities by 2 (from 5 to 10 squats, from 2 to 4 pushups etc.). Crawl distances don't change at any tier.

For tier 3: multiply quantities by 3.

For tier 4: multiply quantities by 4.

Cool down with a 1 minute light jog.

Wednesday, April 22

Repeat *General Mobility Routine (15-20 minutes)*

Thursday, April 23

Workout: Choose Your Own Adventure Run (What fun!) - You are going to develop your own workout by choosing from the sets of options below. In each case “Tier 1” will be the easiest option and “Tier 4” will be the hardest option.

Option 1: This will be how long you will run.

Tier 1: 8 minutes
Tier 2: 10 minutes
Tier 3: 12 minutes
Tier 4: 14 minutes

Option 2: This will determine the pace(s) at which you will run

Tier 1: Steady state - Don't worry about how fast you're running just don't walk.

Tier 2: 30 Seconds elevated intensity / 1 minute recovery pace - For this tier you will simply increase your effort for a short time then try to recover while still jogging.

Tier 3: 20 second sprint / 1 minute recovery pace - Similar to Tier 2, but the high intensity interval is max effort.

Tier 4: Max effort - Whatever duration you choose, try to run as far as possible during that period of time. Consider recording your performance. We will probably repeat this workout and you may want to be able to compare your results. NO WALKING!

Option 3: This will be a wildcard challenge.

Tier 1: No added challenge

Tier 2: If you chose Tier 1 or 2 from Option 2, try to only breathe through your nose during your recovery phase.

Tier 3: Add weight - You could do this a lot of ways. Hold something in your hands, wear a backpack or a weighted vest if you have one.

Tier 4: Hold a mouthful of water for the duration of your run. Don't swallow it and don't spit it out until the end of the run.

Cooldown:

2 minute brisk walk

4 minutes static stretching major lower body muscles (quads, hamstrings, glutes, calves). Hold each stretch for roughly 30 seconds

Friday, April 24

Repeat *General Mobility Routine (15-20 minutes)*

Optional workout:

The workout below is **not** required. You could try to perform it on any day in addition to your daily routine. This workout will most likely take around 30 minutes.

Feel free to modify according to your ability by decreasing or increasing reps or sets. Rests between sets should be between 30s to 1 minute according to fatigue.

Workout:

3 sets of 20 squats

3 sets of 20 lunges

4 sets of 15 pushups

4 sets of 5 burpees

3 sets of 15 crunches

3 sets of 15 leg raises

3 sets of 1 minute high plank (pushup position)

4 sets of 10 jump lunges

4 sets of 10 jump squats