

## Remote Learning Packet

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

**April 27 - May 1, 2020**

**Course:**

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**Weekly Plan:**

Monday, April 27

General Mobility Routine

Tuesday, April 28

Workout

Wednesday, April 29

General Mobility Routine

Thursday, April 30

Workout

Friday, May 1

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

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Student Signature

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Parent Signature

**Monday, April 27**

***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 28

### 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.

You will need to find a stair (or another object of similar height that you can jump onto in a safe location) for this workout.

Start by facing the stair

Perform 5 squats

Jump onto the stair with both feet together

Place your hands on the stair beside your feet

Walk or hop your feet back into pushup position (with hands on the raised surface)

Perform 1 pushup

Walk or hop feet back to your hands

Turn around and crouch down until you can reach the ground with your hands

Walk your hands forward until you are in a pushup position

Perform 1 pushup

Walk your hands back to your feet

Hop down with both feet together

### **Repeat for 10 minutes.**

Tier 1: Perform as stated above.

For tier 2: multiply quantities by 2 (from 5 to 10 squats, from 1 to 2 pushups etc.).

For tier 3: multiply quantities by 3.

For tier 4: multiply quantities by 4.

Cool down with a 1 minute light jog.

## Wednesday, April 29

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

## Thursday, April 30

Workout: Today's workout will be very simple, very short, and very hard if you give it your best effort. After a short warmup you are going to do a cycle of just two exercises: burpees and running. You're going to do 30 seconds of burpees then 30 seconds of running without stopping at maximum effort and you're going to do this up to 8 times with a short rest in between each round.

Burpees can either be strict or flippy floppy. This is your choice but I recommend flippy floppy.

You will be running between two points roughly 10 big steps apart.

Your primary goal for the workout is to do each round at maximum effort.

Your secondary goal will be to keep count of your exercises and try to get the same number every round.

For burpees you will count each burpee, for running you will count every time you touch a line (just like the pacer test).

Warmup: 3 minute light jog; 20 jumping jacks, 6 squats, 6 lunges x 4

Workout: Choose from the options below to perform this workout at a level that is appropriately challenging for you:

Number of Rounds (1 round = 30 seconds of burpees and 30 seconds of running)	Rest times between each round
Tier 1 - 5 rounds	Tier 1 - 1 minute
Tier 2 - 6 rounds	Tier 2 - 50 seconds
Tier 3 - 7 rounds	Tier 3 - 40 seconds
Tier 4 - 8 rounds	Tier 4 - 30 seconds

## Friday, May 1

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

### Optional workout #1

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

### Option Workout #2:

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 45 minutes. Feel free to modify according to your ability by decreasing or increasing the number of sprints and the times for the rest intervals and runs.

1. 5 minute light warmup run
2. 5 minute light warmup stretch
3. Final warmup: perform 3 near sprints, 70% max speed, 80% max speed, 90% max speed.
4. Perform eight 50 meter sprints with a 30s-60s rest in between. (you want to put a bit of stress on your cardio but make sure that you have recovered enough in order to truly sprint each time)
5. Then perform 10 near sprints, between 70-90% with a 10s-20s rest, not long enough to catch your breath fully.
6. Then a 10 minute run at a moderately high speed to complete the cardio workout
7. 5 minutes cool down walk / light jog
8. 5 minutes light stretching.