

## Remote Learning Packet

*Please submit scans of written work in Google Classroom at the end of the week.*

**May 4-8, 2020**

**Course:** Physical Education

**Teacher(s):** [John.Bascom@GreatHeartsIrving.org](mailto:John.Bascom@GreatHeartsIrving.org)  
[Joseph.Turner@GreatHeartsIrving.org](mailto:Joseph.Turner@GreatHeartsIrving.org)  
[James.Bascom@GreatHeartsIrving.org](mailto:James.Bascom@GreatHeartsIrving.org)

### **Weekly Plan:**

Monday, May 4

☐ General Mobility Routine

Tuesday, May 5

☐ Workout

Wednesday, May 6

☐ General Mobility Routine

Thursday, May 7

☐ Workout

Friday, May 8

☐ Attend Office Hours (Not mandatory)

☐ General Mobility Routine (Not mandatory)

### **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, May 4**

***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.

**We will have a video uploaded under the Week 6 Topic demonstrating all the exercises for the General Mobility Routine.**

**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, May 5

Context: Today we're going for a full body strength endurance workout. Try not to take any breaks until you are completely finished.

Setup: You will not need anything except enough space to crawl forwards and backwards.

Warmup: 4 minute light jog

Workout: You are going to repeat a sequence of Pushups, Squats, Bear Crawl/Crab Walk, and Lunges. You will choose a starting number of repetitions and then decrease by one each round until you reach zero. For example: If you choose to start with 10 you will first do 10 pushups, 10 squats, Bear Crawl forward about 6 feet, Crab Walk back about 6 feet, 10 lunges. Then the next round you will do 9 pushups, 9 squats, Bear Crawl forward about 6 feet, Crab Walk back about 6 feet, 9 lunges, etc. The only thing that does not change is the distance that you Bear Crawl/Crab Walk.

Tier 1	10 repetitions for Pushups, Squats, and Lunges	12 foot crawls
Tier 2	8 repetitions	10 foot crawls
Tier 3	6 repetitions	8 foot crawls
Tier 4	4 repetitions	6 foot crawls

## Wednesday, May 6

General Mobility Routine

## Thursday, May 7

Context: Today's workout will be a very simple but challenging cardio test inspired by last week's workout and designed to imitate the pacer test. We are planning on repeating this workout at least once before the end of the year so it will be helpful to remember exactly how you set up the workout and exactly what your score was.

Setup: You will need two points. We recommend marking a point then walking ten big steps and marking another point. This easy measurement system will allow you to compare future results. If you would like to take this test with other people in your household you should use the same distance between points instead of each of you walking ten big steps.

Warmup: Go back and forth between the two points at a light jog for two minutes. Every time you touch one point do 10 jumping jacks, and at the other do two burpees. Stay relaxed!

Workout: You will be running back and forth between the two points. Count every time you touch a point. At the end of ten minutes record your score. Good luck!

## **Friday, May 8**

Office Hours (Not mandatory)

General Mobility Routine (Not mandatory)

### **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

### **Optional 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.

### Optional Workout #3: (10 minutes)

Looking over the week 1 packets I have noticed that a lot of you have made a goal out of improving your resting squat. The following is a short squat mobility routine you might consider adding to your day. First off, an **extremely important point** to greatly increase the success of the mobilizing exercises below: During all these exercises, focus on taking deep, full diaphragmatic breaths (breaths that expand your belly and chest) and long slow exhales (aiming for 6-8 seconds on your exhale).

**1st Exercise:** split squat : we'll be targeting a single leg in the squat shape.

1. Squat down
2. Keeping your right leg in the squat position, extend your left leg behind you. This leg is not the focus leg, but you do want it facing directly down, with the knee, shin, and top of the foot lying directly down on the ground.
3. For your right leg, make sure you keep the squat position: foot flat on the ground and knee over the ankle or outside (not collapsing in!).
4. You are going to spend 90-120 seconds in this position breathing as stated above and hunting around for tightness by
  - a. Driving your pelvis down and your chest up.
  - b. Pressing your right knee out as far as you can (with your foot still on the ground)
  - c. Dropping down onto your forearms
  - d. Twisting and looking to your right
  - e. Twisting and looking to your left

Repeat this for the opposite leg

**2nd Exercise:** hamstring stretch

From a standing position, reach down towards your toes keeping your legs straight (knees locked) Hold this position for 90-120 seconds as well.

For an added challenge spend some time slowly shifting your weight forwards and backwards in this position. Rock back onto your heels, lifting your toes towards your face as far as possible. Then rock forwards, standing up on your toes as high as possible. Make sure to maintain tension in your hamstring while doing this.

**3rd Exercise:**

1. From a pushup position, bring your right knee up to your right hand and your right foot up to your left hand. If this position is not possible for you, try to get as close as you can.
2. Keeping your right leg in this position, bring your left leg to the ground facing directly down, with the knee, shin, and top of the foot lying directly down on the ground (same as Exercise 1).
3. Sink your hips down towards the ground:
4. You are going to spend 90-120 seconds in this position breathing as stated above and hunting around for tightness by
  - f. Driving your pelvis down and your chest up and back.
  - g. Dropping down onto your forearms
  - h. Twisting and looking to your right
  - i. Twisting and looking to your left

Repeat this for the opposite leg

