Remote Learning Packet

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

April 13 - 17, 2020
Course: Physical Education
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Weekly Plan:

Monday, April 13
☐ Mobility Routine

Tuesday, April 14
☐ Workout

Wednesday, April 15
☐ Mobility Routine

Thursday, April 16
☐ Workout

Friday, April 17
☐ 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 13

General Mobility Routine (15-20 minutes)

All students are expected to complete Part I. 9th Graders are expected to continue the workout and complete Part II (any middle school student that would like an extra challenge is more than welcome).

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 14

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

Workout:

The workout today is a High Intensity Interval Training (HIIT) workout. All this means is that during each set you will be doing as many exercises as possible at maximum intensity for a set amount of time then resting for a set amount of time. It will be up to you to choose exactly what your work/rest times are, but these are our recommendations: 6th grade - 30 seconds work / 30 seconds rest; 7th - grade 35 seconds work / 25 seconds rest; 8th grade - 40 seconds work / 20 seconds rest; 9th grade - 45 seconds work / 15 seconds rest. Remember, these are just guidelines. The harder you make this workout for yourself the better for you it will be.

Set 1. Shuttle run - sprint back and forth between two lines approximately 10 meters apart
Set 2. Burpees
Set 3. One legged hops - using the same two lines, 10 meters apart, hop on one leg one direction and the other leg back
Set 3. Alternate 6 squat jumps, 6 jump lunges, 6 jumping jacks

REPEAT THIS SEQUENCE AT MAXIMUM INTENSITY FOR 12 MINUTES

Nota Bene: Depending on what equipment you have available there are a lot of fun options you could throw in: Box jumps, box jump burpees, jump rope, slam ball exercises, hitting a tire with a sledge hammer. Feel free to add any of these or similar high intensity exercises to this workout.

Wednesday, April 15

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

Thursday, April 16

Warmup:
6 minute jog

Workout:
6th grade: rest 45 seconds in between each round
7th grade: rest 30 seconds in between each round
8th grade: rest 15 seconds in between each round
9th grade: no rest in between each round

Round 1	Round 2	Round 3	Round 4
10 second plank	15 second plank	20 second plank	30 second plank
Bear crawl 5 meters	Bear Crawl 10 meters	Bear Crawl 5 meters	Bear Crawl 10 meters
5 pushups	Max reps pushup set	5 pushups	Max reps pushup set
10 second plank	Bear Crawl 10 meters	20 second plank	Bear Crawl 10 meters
10 jumping jacks	Crab Walk 10 meters	20 jumping jacks	Crab Walk 10 meters
	50 jumping jacks		100 jumping jacks
	Crab walk 10 meters		Crab Walk 10 meters

Friday, April 17

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