

## Remote Learning Packet

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

### **Week 8: May 18-22, 2020**

**Course:** Physical Education

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### **Weekly Plan:**

Monday, May 18

General Mobility Routine

Tuesday, May 19

Workout

Wednesday, May 20

General Mobility Routine

Thursday, May 21

Workout

Friday, May 22

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 18**

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

Complete Part I and II 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.

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 19**

Context: Today we will work on hip mobility.

Setup: If you are able to try to watch and follow along with the video we posted last week. If not you can follow the directions listed below to the best of your ability. For this mobility session we are going to use the resting squat as our baseline. Before you do any exercises today spend some time in the resting squat.

Pay attention to how deep you can get into it. Try to push your knees out to the side. Try to touch your forehead to the ground. Try to turn right and left to look behind you without moving your feet. How did these feel? You will repeat these quick tests at the end of the session so try to remember how comfortable/uncomfortable/easy/difficult this was.

Warmup: 1 minute light jog, 20 jumping jacks, 10 lunges, 4 jump squats, 1 minute light jog

Workout: 4 exercises

- Exercise one: One leg forward, one leg back: The front leg is the focus: try to get this leg into the resting squat position and put your weight on this leg. Ideally we want the back leg straight back but if this is too hard you can do whatever you want so long as the back leg is out of the way. In this position do some of the same things listed above: look left, look right, put your head down, look up, etc. Spend 90-120 seconds on each leg.
- Exercise two: Standing hamstring stretch: Keeping your legs basically straight reach down to the ground as far as you can. Spend some time here and try to relax. After you get relaxed you can work through some variations: keeping legs straight shift your weight forward and stand up on the balls of your feet, shift your weight back to your heels and try to lift your toes off the ground as high as you can, tighten your core so that your spine straightens and your back flattens (alternate a few times between this and a relaxed rounded back). 90-120 seconds total.
- Exercise three: Get into a pushup position. Then, keeping one leg back, bring the other leg up so that your lower leg (shin/calf) are on the ground in front of you with your knee where one hand was and your ankle where the other hand was. Now try to relax and let your weight create a stretch. Use some of the same movements from earlier to explore this stretch: look left, look right, put your head down, look up, etc. Spend 90-120 seconds on each leg.
- Exercise 4: The dreaded Couch Stretch: Start kneeling on the ground in a lunge position with your back to a solid surface and, ideally, something soft underneath your knee. You are going to lift the back foot up so that your toes are pointing towards the ceiling and push yourself back to the wall so that your shin and the top of your foot are flat against it. Then engage your glutes and try to lift your torso up as straight up and down as possible. Try to hold this for about 90 seconds on each leg.

After you've worked through these 4 exercises perform the same tests you performed at the beginning. Did you notice any improvement?

## **Wednesday, May 20**

General Mobility Routine

## **Thursday, May 21**

Workout: Since it was so much fun the first time around we've decided to revisit the Choose Your Own Adventure Run from Week 4. 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. I quadruple dog dare you to pick all Tier 4.

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 rate - 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, May 22**

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: Squat mobility NEW and IMPROVED: (10-15 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. I have made a short video that will instruct you on a mobility routine similar to the one described last week but expanded and developed. That video is on google classroom under the Packet Week 7 topic.

Before doing this mobility routine it is not necessary, but would be beneficial to warm up and loosen up your body a bit. Nothing specific is necessary, but a good warmup routine might look something:

1. 1 minute of light running
2. 10-20 jumping jacks
3. A few down-dogs and up-dogs
4. 5 pushups
5. 5 burpees
6. 10 squats