



Physical Education at Home

A great opportunity for students at home to stay active and healthy!

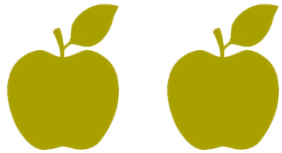


The Activities

- * The activities that are highlighted here are either actions students already know how to perform or actions that can be easily learned.
- * For actions that students do not know how to perform, you can visit <https://sworkit.com/> or download the SworkIt mobile app.
- * All these activities can be done with very little equipment, inside or outside the home.



Before Starting Activity



- * Eat a balanced meal and wait at least 30 minutes for digestion to occur.
- * Drink plenty of water before, during, and after your activity.
- * Warm your body up before activity and cool your body down after activity.
- * Stay within your comfort zone. Push yourself to do your best, but don't perform actions or activities that make you feel uncomfortable.
- * Have fun! Exercise and activity are great ways to boost your mood, rid your mind of stress, and energize yourself for the day.

Monday – Day 1

* Focus: Cardiovascular or Heart Day

* Activities

- * Jog in Place
- * Sprint in Place or Fast Feet
- * Bunny Jumps: Continuously jumping in place with a slight bend of the knees.
- * Hop on One Foot
- * High Knees
- * Butt Kickers
- * Squat Jabs: Quickly punch the air in front of you while slightly bending your knees.



Tuesday – Day 2

* Focus: Arm Muscles

* Activities

- * Jumping Jacks
- * Arm Circles – Side of the Body or Overhead
- * Overhead Press
- * Dips
- * Push-Ups
- * Squat Jabs: Quickly punch the air in front of you while slightly bending your knees.
- * Overhead Arm Clap: Stand up straight with arms by your side to start, clap above your head, and return your arms to your side.



Wednesday – Day 3

* Focus: Stretching

* Activities

- * Neck Stretch: Slowly tilt your head back and forth to each side.
- * Shoulder Shrugs: Stand up straight, shrug or lift your shoulders without lifting your arms.
- * Side Stretch: Lift one arm above your head, lean only your upper body to the opposite side.
- * Arm Circles – Side of the Body or Overhead
- * Sit and Reach – Both Sides
- * Quad Stretch: Pull one leg at a time behind your body, up to your bottom, and balance on one foot.
- * Butterfly Stretch



Thursday – Day 4

- * Focus: Leg Muscles and Abdominal or Stomach Muscles

- * Activities

- * Curl-Ups

- * Planks

- * Six Inches and Hold: Lay on the floor, lift your feet and legs off the floor just slightly, hold that position.

- * Squats

- * Lunges

- * Walk on Your Toes – Forward and Backward

- * Calf Raise: Stand up straight with your arms by your side, slowly stand up on your toes only, and slowly let yourself back down to the floor.



Friday – Day 5



* Focus: Sport Specific Skills

* Activities

- * Dribbling a Ball with Hands – Right hand, left hand, crossing over.
- * Dribbling a Ball with Feet – Right foot, left foot, changing feet.
- * Underhand Throwing to a Target – Throwing a ball or object to any target you can find such as a tree or wall, for example.
- * Overhand Throwing and Catching – Dominant hand throw, two hand catch low, two hand catch high, right hand only catch, left hand only catch.
- * Volleying a Ball or Balloon with Hands – Underhand swing or bump, overhead push or set.
- * Your Choice: Select a sport specific skill you enjoy and you have the equipment for. For example, stick handle a hockey puck, cradle a lacrosse ball, or shoot a basketball.

Saturday and Sunday – Days 6 & 7

- * Focus: Rest and Relax

- * Activities

- * Take some much needed time to allow your body and muscles to fully recover.
 - * If you feel ready to continue activities pick one action or activity from days 1, 2, 3, 4, and 5 to perform for today's exercise.



Remember!

- * Eat a balanced meal and drink plenty of water before your activity.
- * Stay within your comfort zone.
- * Have fun! Exercise and activity have so many benefits.



Repeat Days 1-7 as needed.