



## McLean School Physical Education Home Workouts

### Middle School: (30 minutes or more of exercise per day)

\*If you are unsure how to perform an activity or exercise, please reach out to the PE department for assistance. Feel free to also use YouTube or the internet for more information.

Monday (3/16)	Tuesday (3/17)	Wednesday (3/18)	Thursday (3/19)	Friday (3/20)
<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>	<p><b>*Mindful minute:</b> Before your workout, close your eyes and focus on your breathing for one minute.</p>
<p><b>Run/walk/ride a bike for 15 minutes Or (Complete each exercise for 30 seconds. Repeat 3-4 times)</b></p> <ul style="list-style-type: none"> <li>-Jump Rope</li> <li>-Jumping Jacks</li> <li>-High Knees</li> <li>-Knee Tucks</li> <li>-Jump Squats</li> <li>-Line Jumps</li> <li>-Dance</li> </ul>	<p><b>Pyramid Challenge (Repeat 1-2 Times for Maximum Results)</b></p> <ul style="list-style-type: none"> <li>-30 Jumping Jacks</li> <li>-5 Push Ups</li> <li>-25 High Knees</li> <li>-7 Burpees</li> <li>-10 Crunches</li> <li>-7 Squats</li> <li>-5 Push Ups</li> <li>-10 Crunches</li> <li>-5 Push Ups</li> <li>-7 Squats</li> <li>-30 Jumping Jacks</li> <li>-1 Minute Wall Sit</li> <li>-5 Push Ups</li> <li>-25 High Knees</li> </ul>	<p><b>Agility Workout: (Choose 3 exercises, repeat 3-4 times)</b></p> <ul style="list-style-type: none"> <li>-Forward running</li> <li>-High Knees</li> <li>-Side shuffle</li> <li>-Backwards run</li> <li>-Shuttle runs (create a space 25 yards a part, sprint down and back)</li> <li>-Two foot hop up stairs</li> <li>-1 foot hop upstairs (switch feet)</li> </ul>	<p><b>Repeat 2-3 times. (Rest 30-60 seconds between each set below)</b></p> <ul style="list-style-type: none"> <li>-10 Lunges each leg</li> <li>-20 Plank shoulder touches (Take right hand and touch left shoulder then the other side quickly)</li> <li>-15 Burpees</li> <li>-30 Crunches</li> <li>-20 Squats Jumps (Start in a squat position then jump off the ground, landing in a squat.</li> </ul>	<p><b><u>Friday (Fun Friday): BE ACTIVE!</u></b> <b>Repeat any of the following workouts above or:</b></p> <ul style="list-style-type: none"> <li>-Go for a run or walk</li> <li>-Ride a bike</li> <li>-Jump Rope/Hula hoop</li> <li>-Shoot hoops with a basketball</li> <li>-Kick a soccer ball</li> <li>-Throw a football or baseball with a partner</li> </ul>

			<ul style="list-style-type: none"> <li>-Do this as fast as you can.</li> <li>-10 Forward Arm raises (May use light weight out)</li> <li>-20 Second wall sit</li> <li><b>-Challenge:</b> Hold a plank for as long as you can. (Remember your time and try to beat it next time!)</li> </ul>	<ul style="list-style-type: none"> <li>-Bump a volleyball</li> <li>-Dance</li> <li>-Gymnastics</li> <li>-Yoga</li> <li>-Hiking</li> </ul>
<p><b>Dribble a basketball</b></p> <ul style="list-style-type: none"> <li>-Right hand dribble</li> <li>-Left hand dribble</li> <li>-Crossover (Bounce right hand to left hand)</li> <li>-Bounce pass with a partner</li> <li>-Chest Pass with a partner</li> </ul> <p><b>Shoot hoops with a basketball</b></p> <ul style="list-style-type: none"> <li>-Around the world shooting</li> <li>-Play with a family member or friend</li> </ul>	<p><b>Throwing and Catching: (Use a small ball, tennis ball, football, baseball/softball)</b></p> <ul style="list-style-type: none"> <li>-Toss and Catch to yourself</li> <li>-Throwing and catching off a wall</li> <li>-Throwing at a target</li> <li>-Find a partner and work on overhand throwing and catching</li> </ul>	<p><b>Dribbling with your feet (soccer ball, kickball, or any ball you can use with your feet)</b></p> <ul style="list-style-type: none"> <li>-Toe taps on top of the ball</li> <li>-Tick Tock- Move the ball back and forth between your feet</li> <li>-Right foot dribble</li> <li>-Left foot dribble</li> <li>-Dribble in and out of cones or other objects you can put down as obstacles</li> <li>-Using your feet, pass back and forth with a partner</li> <li>-Kick a ball towards a target</li> </ul>	<p><b>AB Workout: (Complete 2-3 times)</b></p> <ul style="list-style-type: none"> <li>-10 Situps or crunches</li> <li>-20 Russian Twists</li> <li>-20 Bicycles</li> <li>-10 Supermans</li> <li>-Plank (10 seconds-45 seconds)</li> <li>-Partner sit ups with a ball (Sit up and toss a small, light, ball to your partner)</li> </ul>	<p><b>Stay Active!</b></p>
<p><b>Reflection:</b></p> <p>Think about how you felt after the workout. Share your feelings</p>	<p><b>Reflection:</b></p> <p>Think about how you felt after the workout. Share your feelings</p>	<p><b>Reflection:</b></p> <p>Think about how you felt after the workout. Share</p>	<p><b>Reflection:</b></p> <p>Think about how you felt after the workout. Share</p>	<p><b>Reflection:</b></p> <p>Think about how you felt after the workout. Share</p>

with a family member or friend (examples: heavy breathing, sore muscles, tired)	with a family member or friend (examples: heavy breathing, sore muscles, tired)	your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)	your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)	your feelings with a family member or friend (examples: heavy breathing, sore muscles, tired)
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\*Go Noodle is a fun, interactive workout app for kids. Feel free to download and play along with your child(ren). <https://www.gonoodle.com/>

If you are unable to perform the required exercises above, please feel free to contact Ms. Chambers ([bchambers@mcleanschool.org](mailto:bchambers@mcleanschool.org)) or Mr. McDonald ([amcdonald@school.org](mailto:amcdonald@school.org)) for alternative options.