

Grigsby Intermediate Physical Education Weekly Challenge

Below is a list of exercises/activities you can do to challenge yourself throughout the week. Feel free to check them off as you do them. I recommend at least 20m of physical activity daily.....however, feel free to do more than that if you choose. If you are sitting at the table doing your school work and need a “brain break” take 5 minutes and do an exercise. This really helps reset your focus level, and remember exercise gives you physical & mental energy!

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday
Walk/Jog ✓ Walk for 30sec. ✓ Jog 1m ***Try this 3 times*** (5 minutes)					
Low Planks - Forearms and toes are the only parts of your body that should touch the ground, try to keep your back as flat as possible. (30sec per set) – 30sec rest in between set – try to do at least 3 sets daily. (3 minutes)					
High Planks - This should look like you are in an “up” push-up position, arms completely extended; imagine someone setting a glass of water on your back. (30sec per set) - 30sec rest in between set – try to do at least 3 sets daily (3 minutes)					
Jumping Jacks ✓ 20 Jumping Jacks ✓ Count to 20 (break) ✓ 15 Jumping Jacks ✓ Count to 20 ✓ 10 Jumping Jacks ✓ Count to 20 ✓ 5 Jumping jacks (3 minutes)					
Dribbling – If you have any type of ball at your house that bounces, you can use it as a basketball. ✓ Try to dribble for 1 minute while controlling the ball the whole time....try using right & left hands while dribbling. ✓ Use a cone/ or a chair (about 30 feet apart) – try to dribble down to the chair right hand and dribble back using your left. Repeat this 5 times. (3 minutes)					

<p>Shooting – If you don’t have a basketball hoop available, that’s ok.....You can practice your shooting form by shooting the ball about 5 feet in the air above your head. This allows you to focus on good shooting technique. And the good thing about shooting above your head is you never miss!!! Your challenge is to do 50 shots.....You can do 10 shots then take a break. Repeat until you reach 50 shots. Remember the BEEF Method:</p> <p>B – Balance E – Elbow under the ball E- Eyes on your target F – Follow through (7-10 minutes)</p>					
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Here are some other Exercises / Activities you can do:

- Jump Rope* – If you have a jump rope, get it out and jump rope a little bit each day.....Jump Rope is one of the best activities you can do for your heart! If you don’t have a rope at home???? You can tie a bunch of socks together to make your own jump rope, or you can “air” jump rope.....kind of like playing the “air guitar”, but we are jump roping instead.

Quick reminder: when you are jumping, keep your elbows in against your body; you want to turn the rope with your hands, wrists, and forearms.

Some ways you can jump:

 - ✓ Forwards / Backwards (single bounce & double bounce)
 - ✓ Right / left foot only
 - ✓ Alternate / run in place while jumping
- Balance Beam* – You can put a line of tape down on the floor and try to balance walk your way across the tape (Be sure to walk heel-to-toe). Try to turn and go back to your starting point. You can also try this going backwards.
- Skip/Gallop/Hop* – These are locomotor movements that can be done inside the house or outside the house.

Challenges:

 - ✓ Can you gallop up and down the hallway for 30sec?
 - ✓ Can you skip to the front door and back 5x?
 - ✓ Can you hop down the driveway/sidewalk on your right foot, turn around, and hop back on your left foot?
- Snowball Fight* – You can ball up a bunch of socks and have a snowball fight.....This can be done inside or outside.....Be sure to throw using correct throwing form:

 - ✓ Turn shoulders
 - ✓ Reach ball back away from target
 - ✓ Step toward target with opposite foot
 - ✓ Release and follow through
- Dance Party* – This is a great way to elevate your heart rate and have a lot of fun in the process. Put on some of your favorite dance music and have a super fun dance party. Let the good time roll!
- “Simon Says”* - - This is always a fun activity to try.....You can use any exercise during this game (jumping-jacks, push-ups, sit-ups, burpees, etc.....)

Other commands:

 - ✓ Check their rights & lefts (Simon Says place your right hand on your left shoulder)
 - ✓ Balance (Simon Says balance on your right foot and count to 5)

*****PARENTS** - - The best way to contact me with any questions is via my school email address which is kevin.witt@carlisleindians.org I will be available Mon-Fri to answer any questions you may have for me. I check my email hourly throughout normal school hours and will get back to you as quickly as I can.