Physical Education class-May 26th-June 2nd

Health-related components of fitness are measures used to determine a person’s overall wellbeing. Improving those components typically results in improvement in both physical and mental health. Improving skill-related components of fitness not only improves athletic performance but also makes work on the health-related components more efficient and enjoyable.

For the final days of the semester, we have provided you with workouts that are designed to improve both health- and skill-related components of fitness. Each activity will show which component is applied. Feel free to substitute similar activities and/or use other equipment as needed. Be creative.

**SKILL RELATED COMPONENTS OF FITNESS**

Agility – Agility is the ability to change direction quickly and accurately, combining speed, balance, power and coordination.

Balance – Balance is the ability to maintain center of mass/gravity above the base of support while stationary (static) or moving (dynamic).

Power – Power is the combination of strength and speed of movement. To generate power, you need good balance and coordination.

Reaction Time- Reaction time is the time taken to react to a stimulus.

Speed – Speed is the ability to move your body or part of your body quickly.

Coordination – Coordination is the ability to move two or more body parts under control, smoothly and efficiently.

**HEALTH RELATED COMPONENTS OF FITNESS**

Flexibility – Flexibility is the range of movement around a joint.

Muscular Strength – Muscular strength involves applying a force to overcome resistance.

Muscular Endurance – Muscular endurance is the ability of voluntary muscle groups or muscles to work for a prolonged period without tiring.

Cardiorespiratory Endurance- Cardiorespiratory endurance is a measurement of how well your heart, lungs and muscles work together to keep your body active over an extended period.

Body Composition – Body composition is the proportion of fat and fat-free mass in your body. A healthy body composition is one that includes a lower percentage of body fat and a higher percentage of fat-free mass, including muscles bones and organs.

**Monday**

**Warm up** – increase heart rate, blood flow and muscle temperature

- Jog in place 1 minute

**Stretch** – hold each stretch for 15-30 seconds and/or move through a full range of motion

- Quad Stretch heel to glutes, knees together, hips forward (flexibility)
- Arm circles while standing on one foot – change size and directions (flexibility and balance)
- Arm stretches – arm across chest, arm overhead (flexibility)
- Calf stretch- while standing, place toes against wall, keep leg straight and press knee and hip toward wall (flexibility)
- Butterflies stretch - (flexibility)
- Sit-&-reach/figure 4 – one leg straight, other bent, reach hands down straight leg (flexibility)

Activity – jogging intervals
- Spend 25-30 minutes doing a minute by minute jog/walk - Alternate jogging and walking. Make sure that your walking intervals are less than or equal to one minute. This is supposed to be a one-minute jog and one-minute walk, but some students will need this to be more challenging. The goal is to elevate your heart rate and keep it elevated for 25 to 30 minutes NOT to jog for the entire time. (muscular endurance and cardiorespiratory endurance)

Cool down – repeat the same stretches you did at the beginning.

Tuesday - Power, Speed, and Muscular Strength.

Warm-ups – Jumping Jacks (15), Burpees (15) Stretch – All exercises require that you hold position for 15 seconds and then reverse sides Right and left arms and/or legs.

Stretch
- Arm across the body
- Arm behind head
- Back stretch - Right leg bent over left leg. Turn torso and look behind you over right shoulder.
- Figure Four- Left leg straight, Rt. Leg bent with heel of foot touching inside of left thigh, touch left toes with both hands.
- Toe Touch

Activity
- Calf Stretch Activity – Sprint ladder 10, 20, 40, and 60 yards (Complete each distance three times)
  - Alternate which foot you start from for each sprint
  - Have a sibling or Parent time your sprints to see if times are different
- At the finish line do 5 pushups before returning to the starting line.
- Use the time walking back to the starting line to catch your breath and regroup. Change things up - If you have a bike, scooter, or skateboard, double the distance and see if your time is faster or slower than when you ran. example 40-yard bike vs. 20-yard run.

Wednesday

Warm Up
- Jump rope 1-2 minutes. Use any footwork you’d like. Stretch – mark out a distance about 20 yards long (20 giant steps). Complete each of these dynamic stretches while moving between your marks.

Stretch
- Froward arm circles (flexibility, coordination, agility)
- Backward arm circles (flexibility, coordination, agility)
- Skip (flexibility, coordination, agility)
- Grapevine – both directions – lead with right foot one time and left foot the other (flexibility, coordination, agility)
- High knees (flexibility, coordination, agility)
- Butt kickers (flexibility, coordination, agility)
- Leg Swings – walk forward while singing legs as forward and backward as possible on each step (flexibility, coordination, agility)
Activity – Perform each of the six moves listed below for 30 seconds each (rest only when necessary). After finishing all six, rest for one minute and then repeat two more times. You will have done all six moves three different times. If you are really in need of a challenge complete each round up to six times. (Agility, Balance, Power, Speed, Coordination, Muscular Strength, Muscular Endurance, Cardiorespiratory Endurance)

1) Pencil Squats
- Stand with feet together, arms raised over your head (pencil). Hop your feet apart and drop into a squat (heels down, knees at 90 degrees, chest up, knees over or slightly behind big toe) and touch the ground behind your heels.
- Hop back up into the pencil position
- Repeat As Many Reps As Possible (AMRAP) for 30 seconds.

2) High knees with a twist
- Stand tall with feet shoulder width apart and arms forming a T at chest level (elbows bent and fingertips pointing towards each other)
- Sprint in place raising knees to hip height while bringing opposite knees and elbows together (or close together).
- AMRAP 30 seconds

3) Push-ups
- Lie face down on the floor. Place palms down under your shoulders. Keep your heels, hips, shoulder and ears in a straight line and push yourself up off the floor. You can either be supported by your hands and toes or modify by supporting with hands and knees.
- Lower your body by bending your elbow to 90 degrees. Keep your elbow close to your body.
- AMRAP 30 seconds

4) Star Jumps
- Stand with feet together. Bend knees (less than 90 degrees) and push hips back. Contract your core and bring arms to the center of your body.
- Explosively jump as high as you can while extending arms and legs to form an X/star. Land softly in the crouched position.
- AMRAP 30 seconds

5) Modified Wood Choppers
- Stand with feet shoulder width apart. Brace core and extend left leg to the side, pointing your toes and resting big toe on the floor. Interlock hands and reach high and to the right. Your fingers and left toes should form a straight diagonal.
- Contract your core as you raise your left leg to hip level. At the same time, lower your arms until your right elbow meets your left thigh. Return to the start position
- AMRAP 30 seconds. Switch directions after 15 seconds.

6) Sprint in place
- Move as fast as you can. Pump your arms (hand hip to chin) and raise knees to hip level.
- AMRAP 30 seconds

Thursday - Agility, Balance, and Reaction time. Flexibility will be the focus of our warmups/stretches.

Warm-ups - Jog in Place for 30 seconds, high knee Jog in place for 30 seconds.
**Stretch** – All exercises require that you hold the position for 15 seconds and then reverse sides right and left arms and or legs.

- Arm across the body
- Arm behind your head
- Back stretch - Right leg bent over your left leg. Turn torso and look behind you over your right shoulder.
- Figure Four- Left leg straight, Rt. Leg bent with the heel of foot touching inside of left thigh, touch left toes with both hands.
- Toe Touch

**Activity**

- Calf Stretch Activity - Agility/Reaction workout and a bike/scooter/skateboard ride. Find an area twenty steps long and complete each exercise by going from one end to the other and then return to starting position.
- Power skips- Step, Hop, Step, Hop, jumping as high as you can on each hop.
- High knee run- short stride running with knees above hips between each step.
- Hop on one foot- Right foot going over, Left foot on the return trip.
- Forward and backward Skip. Forward going over, Backward on return.
- Shuffle step. Don’t cross feet while moving sideways. Right foot leads going over, Left foot leads on return.
- Grapevine step. Same as shuffle step only back foot crosses over in front of lead foot and then crosses over behind lead foot.
- Take a twenty-minute Bike/Scooter/Skateboard ride in your neighborhood. If using a Scooter or Skateboard switch lead foot halfway through your ride. If you don’t have a Bike, Scooter, or Skateboard, try these challenging activities.
  - Balance Beam walk. See how far you can walk on a line on your driveway. Forward, Backward, hopping on one foot.
  - T- plank- Put Right hand and side of you right foot on the floor. Hold body off the floor while extending you left arm over your body to form a T. Hold position for one minute. Switch to left side and try again.
  - Ball toss against wall. Stand six feet from wall. Toss tennis ball (or other small ball) against a wall and catch it with opposite hand. Alternate from right to left and back again as fast as you can. See how many tosses you can make in thirty seconds. Challenge a family member to beat your best.

**Friday**

**Warm-Up**- 20 Seal Jacks, 20 Jumping Jacks, 2-minute Jog

**Stretch** (component – Flexibility)

**Activity Sprints:** 40-yard sprints (40 giant steps) –

- Run as fast as you can 40 yards (Speed). Start from a 3-point stance and “explode” off the line (Power).
- Rest for 30 seconds, repeat 5-7 times.
- If possible, have someone give you the “go” command (Reaction Time)

**Push-Ups/Dips/Crunches:** (Muscular Endurance)

- 10 Push-ups, 10 Dips (using a bench or chair), 20 crunches, repeat 3 times.

**Cool-Down** Stretch (Flexibility)