



# BARBARA WORTH JUNIOR HIGH SCHOOL

*Excellence in Education... Raising the Bar*

## Distance learning Physical Education Plan

*Mrs. Stills \* Mr. Christensen \* Mrs. Garewal \* Mr. Rodriguez*

### TYPES OF EXERCISES

**JUMPS** – Jumps can be done by using jump rope or pretend jump rope, jumping jacks, scissor jumps, the skier (side to side) jumps, forward and back.

**PLANK** – Holding in the top of push up position for a certain amount of time or with your forearms on the ground, keeping a flat back.

**SHOULDER TAPS** – staying in a high plank (push up position) left hand comes up and taps right shoulder, then switch, right hand will then come up and tap left shoulder.

**FLUTTER KICKS** – Laying on your back with your feet in the air performing small kicks like you're swimming.

**MOUNTAIN CLIMBERS** – In push up position, bringing one knee to your chest, then switching legs.

**LUNGES** – Start with feet together, one foot steps out, try getting your back knee to the ground, keeping your front leg at 90 degrees. Don't let your front knee go past your toes, chest up tall.

**WALL SIT** – Back flat against the wall, slide down till you hit 90 degrees and stay for the certain amount of time.

**Cardio** - Should be for 30 min minimum every day.  
Examples: jogging, walking, bike ride.

**Week 1** – Complete the list of exercises.

**Weeks 2-4** – Complete the list of exercises twice.

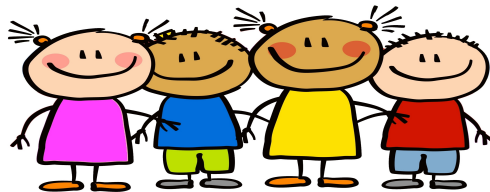
#### STRETCH

Daily Stretches like in class.

Arm across chest – Arm over head – Flamingo – Touch Toes – Butterfly – Right/Left Leg out

**Cool Down** - After working out please spend 5-10 minutes stretching

# Physical Activity Log



Day & Date	Activity # of minutes	Activity # of minutes	Activity # of minutes	Activity # of minutes
<b>Example</b> Wednesday 4/6/20	Yoga 20 minutes	Bike Ride 35 minutes	Kick boxing Video 30 min	85 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Rest</b>  Set P.E. goals for the week  <b>(Week 1)</b>	<b>Stretch</b>  15 jumps 10 push ups 10 sit ups 1:00 minute plank 15 lunges 1:00 minute flutter kicks  30 minute cardio  cool down (stretch)	<b>Stretch</b>  15 jumps 10 push ups 10 sit ups 10 high plank shoulder taps 15 mountain climbers 15 squats  30 minute cardio  cool down (stretch)	<b>Stretch</b>  15 jumps 10 push ups 10 sit ups 1:30 seconds plank 15 lunges 1:00 minute flutter kicks  30 minute cardio  cool down (stretch)	<b>Stretch</b>  15 jumps 10 push ups 10 sit ups 10 high plank shoulder taps 15 mountain climbers 10 squat jumps  30 minute cardio  cool down (stretch)	<b>Stretch</b>  max jumps max push ups max sit ups max wall sit max plank max lunges or mountain climbers max flutter kicks max squats or lunges  30 minute cardio  cool down (stretch)	<b>Stretch</b>  <b>Rest</b>
<b>Rest</b>  Set P.E. goals for the week  <b>(Week 2)</b>	<b>Stretch</b>  15 jumps 10 push ups 10 sit ups 1:00 minute plank 15 lunges 1:00 minute flutter kicks  30 minute cardio  cool down (stretch)	<b>Stretch</b>  15 jumps 10 push ups 10 sit ups 10 high plank shoulder taps 15 mountain climbers 15 squats  30 minute cardio  cool down (stretch)	<b>Stretch</b>  10 jumping lunges 10 push ups 15 sit ups 1:30 second plank 15 lunges 1:00 minute flutter kicks  30 minute cardio  cool down (stretch)	<b>Stretch</b>  15 jumps 10 push ups 10 sit ups 10 high plank shoulder taps 15 mountain climbers 10 squat jumps 30 seconds wall sit  30 minute cardio  cool down (stretch)	<b>Stretch</b>  max jumps max push ups max sit ups max wall sit max plank max lunges or mountain climbers max flutter kicks max squats or lunges  30 minute cardio  cool down (stretch)	<b>Stretch</b>  <b>Rest</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Rest</div> <div>Set P.E. goals for the week</div> <div>(Week 3)</div>	<div>Stretch</div> <div>20 jumps 14 push ups 14 sit ups 1:00 minute plank 20 lunges 1:30 seconds flutter kicks</div> <div>30 Minute cardio</div> <div>cool down (stretch)</div>	<div>Stretch</div> <div>jump for 1 minute 15 high plank shoulder taps 20 mountain climbers 15 squat jumps 1 minute wall sit  30 minute cardio</div> <div>cool down (stretch)</div>	<div>Stretch</div> <div>15 jumps 10 push ups 10 sit ups 1:30 second plank 20 lunges 1:30 seconds flutter kicks</div> <div>30 minute cardio</div> <div>cool down (stretch)</div>	<div>Stretch</div> <div>jump for 1 minute 10 push ups 10 sit ups 15 high plank shoulder taps 20 mountain climbers 15 squat jumps 1 minute wall sit</div> <div>30 minute cardio</div> <div>Cool Down (Stretch)</div>	<div>Stretch</div> <div>max jumps max push ups max sit ups max wall sit max plank max lunges or mountain climbers max flutter kicks max squats or lunges</div> <div>30 minute cardio</div> <div>cool down (stretch)</div>	<div>Stretch</div> <div>Rest</div>
<div>Rest</div> <div>Set P.E. goals for the week</div> <div>(Week 4)</div>	<div>Stretch</div> <div>20 jumps 14 push ups 14 sit ups 1:00 minute plank 20 lunges 1:30 seconds flutter kicks</div> <div>30 minute cardio</div> <div>cool down (stretch)</div>	<div>Stretch</div> <div>jump for 1 minute 15 high plank shoulder taps 20 mountain climbers 20 lunges  30 minute cardio</div> <div>cool down (stretch)</div>	<div>Stretch</div> <div>20 Jumps 14 Push Ups 14 Sit Ups 1:30 Seconds Plank 20 Lunges 1:30 seconds flutter kicks</div> <div>30 Minute cardio</div> <div>Cool Down (Stretch)</div>	<div>Stretch</div> <div>Jump for 1 Minute 10 Push Ups 10 Sit ups 15 High Plank Shoulder Taps 20 Mountain Climbers 15 Squat Jumps 1 Minute Wall Sit</div> <div>30 Minute cardio</div> <div>Cool Down (Stretch)</div>	<div>Stretch</div> <div>max jumps max push ups max sit ups max wall sit max plank max lunges or mountain climbers max flutter kicks max squats or lunges</div> <div>30 minute cardio</div> <div>cool down (stretch)</div>	<div>Stretch</div> <div>Rest</div>

# WORKOUT VIDEOS



<b>10 Min Power Work Out</b> No Equipment Needed	<b>Directions:</b> Warm-up by doing our daily stretches to the count of 10, then proceed by clicking on the link to work out. If you use an inhaler please use as needed.	<a href="https://youtu.be/yv2XEUt3KU">https://youtu.be/yv2XEUt3KU</a>
<b>30 Min Cardio Video</b> No Equipment Needed	<b>Directions:</b> Warm up- do your daily stretch exercises to the count of 10. If you use an inhaler use as needed. Click on the link to get started.	<a href="https://youtu.be/ml6cT4AZdql">https://youtu.be/ml6cT4AZdql</a>
<b>30 Min Kick Boxing Work-Out Video</b> No Equipment Needed	<b>Directions:</b> Warm up- do your daily stretch exercises to a count of 10. If you use an inhaler use as needed. Stay hydrated and work at your own pace. Click on link to get started.	<a href="https://youtu.be/6oLg5fFe5ww">https://youtu.be/6oLg5fFe5ww</a>
<b>Yoga for Beginners Video</b> No Equipment Needed	<p><b>Yoga</b> is a great activity for you as it promotes strength, flexibility, and mind-body awareness. ... <b>Yoga</b> can help you stay flexible and strong without putting added stress on your joints.</p> <p>Yoga can also help us all relax during stressful times and get through the toughest times.</p> <p><b>Directions:</b> Click on the link and join in on the video at your own pace, remember to stretch before starting the video, take inhaler before if need be and drink plenty of water.</p>	<a href="https://youtu.be/2_SE2gQwXoo">https://youtu.be/2_SE2gQwXoo</a>