

## HS and MS Phys. Ed. Directions

For the next three weeks you will log your physical activity Monday – Friday. **(Log each week on notebook paper or email me your weekly logs.)** Start each workout with our daily stretch routine. Choose a cardiovascular activity to get your heart rate up for 10-15 mins. Choose a workout or activity for 20 – 30 minutes of continuous exercise. Make sure to drink plenty of water each day and wash your hands before and after activity.

**Stretch Routine (Do Each Day before activity):** Arm Circles- forwards and backwards, Body Twist, Feet together touch toes, Quad Stretch and Balance. On the Floor – Feet touch reach to toes, Right and Left leg in reach to toes, Butterfly Stretch. After stretches do the exercise for each day listed below:

**Monday – 10 Mountain Climbers**

**Tuesday – 10 Burpees,**

**Wednesday – 10 Sit-ups,**

**Thursday – 10 Pushups,**

**Friday- 10 Jumping Jacks.**

- **Pick and list your cardiovascular activity for each day (10-15 mins). Examples: Run/Walk Rotations, Tree Tag, Pac-Man Tag, 6 min run challenge, relay races, basketball knockout.**
- **Pick and list your activity you chose for each day (20-30 mins.) Examples: Bicycling, Jump roping, Basketball game, Kickball game, Whiffle Ball, Touch Football game, Handball, work on throwing, basketball shooting, work on kicking, distance running. You can be creative.**

**On a piece of notebook paper write your log like this example below for each week:**

Monday – Completed: Stretch routine, 10 Mountain Climbers, 10 mins of run / walk rotations, worked on basketball shooting for 20 mins.

Tuesday – Completed: Stretch routine, 10 Burpees, 15 minutes of basketball knockout, 30 mins of bicycling.

Wednesday –

Thursday–

Friday –

Questions: Email- [jerod.jodrey@elsd.us](mailto:jerod.jodrey@elsd.us)