

## Physical Activities to do At Home

### Part 3

HI Everyone!

I hope you have been keeping up with your exercise routine! You can continue to do part 1 of the previous activities or a combination of both these parts. Next activity you will have 2 options, walk around your neighborhood with an older relative for at least 30 minutes or follow the muscle endurance guide. From now I will have a virtual walk at 9AM-10AM, if you decide to go out and walk during this time, I will be joining you virtually through my neighborhood as well.

**First step** is to feel your heart rate, you could check it by putting your right hand over your left side of your chest or make 2 bunny ears, close them and place them under your wrist. If you are sitting down you will have what's called a resting heart rate/beat. The goal of this plan is to **raise your heart beat and give it the exercise it needs everyday!**

**Example to check your heart beat**



or



**Second step** is to find an open space, it could be in your living room, backyard, dining room, or bedroom. Spread both your arms out and make a circle, if you didn't knock anything down or nothing else is in your way then you have enough space. **Don't move furniture or large items to make space, seek parents help to locate a different spot.**

**Third step** is to do one of the following exercises daily! Before you begin you must stretch, follow the **Full Body Stretch** guide before beginning an exercise routine. Chose a different one everyday to keep you moving, if you have access to music you can play your favorite music during your exercise

**Fourth step** is to check your heart beat at the end of the exercise routine. If you feel your heart beating faster you are giving your heart the exercise it needs daily! If it feels the same try to go a little faster and/or less rest in between activities. Keep at it and only do what your body can accomplish!

Have fun and keep your heart strong by exercising EVERYDAY!

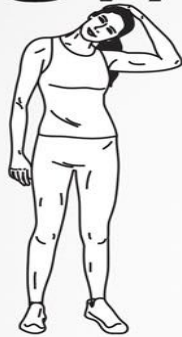
Coach Herrera

## DAILY FULL BODY STRETCH

# *full body* *stretch*

by DAREBEE  
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40 seconds  
each exercise.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



quad stretch



forward bend

# DAILY EXERCISE 1

Kinder - 2 times  
1st Grade - 3 times  
2nd Grade - 4 times

3rd Grade - 5 times  
4th Grade - 6 times  
5th Grade - 7 times

# **BOLD** **CHOICE**

DAREBEE  
WORKOUT  
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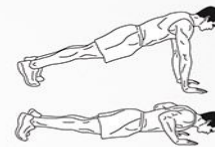
Level I 3 sets  
Level II 5 sets  
Level III 7 sets  
2 minutes rest



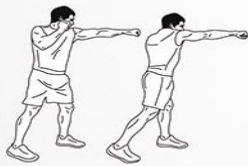
2 push-ups



10 squats



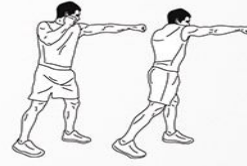
2 push-ups



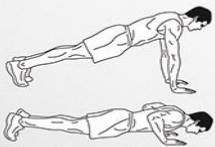
10 punches



2 push-ups



10 punches



2 push-ups



10 squats



2 push-ups

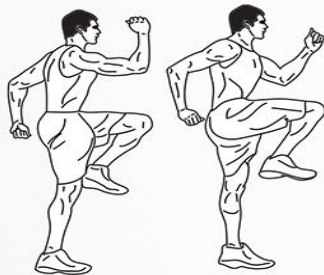
## DAILY EXERCISE 2

Walk around your neighborhood with an adult for 30 minutes

# 30-MINUTE WALK

WORKOUT by DAREBEE @ [darebee.com](https://darebee.com)

Repeat 5 times in total



**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

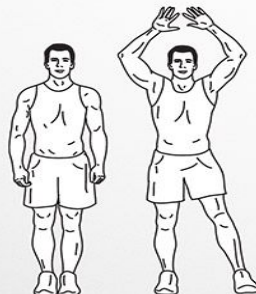
**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

**60sec** rest



## Extension and Optional Skills Review

Reflection, Please fill out a reflection sheet once a week.

Click on the link below!

<https://forms.gle/9qtx75stzt6rTnQB7>

If you have any of the equipment below (frisbee, ball, jump rope, balloon etc), you can practice reviewing or working on any of the skills that we've learned in PE class this year.

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](https://youtu.be/wK8XUaAfmSs?t=37) (https://youtu.be/wK8XUaAfmSs?t=37) we learned in PE, or if you have a sibling or family member you could even try out some of the [Partner Tricks](https://youtu.be/K-Y53t14BC4?t=84) (https://youtu.be/K-Y53t14BC4?t=84) we learned
- **Throwing and Catching:** If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball or a frisbee
  - K-1: [Underhand Throwing \(ball\)](https://youtu.be/_-4O1vpM0ZI) (https://youtu.be/\_-4O1vpM0ZI)
  - 2-5: [Overhand Throwing \(ball\)](https://youtu.be/vdAbRz62tCQ) (https://youtu.be/vdAbRz62tCQ)
  - [How to throw a Frisbee](https://youtu.be/DlgbdXAqppM) (https://youtu.be/DlgbdXAqppM)
- **Striking a Balloon** (awesome activity for K-2nd Grade)
  - Blow up a balloon and practice striking it with different items in your house (or different body parts)
  - What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet?
  - [Here's an example of this balloon striking activity](https://youtu.be/k-S1w0xxWXI) (https://youtu.be/k-S1w0xxWXI)
- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in PE.
- [Ball Handling Drills Tutorial](https://youtu.be/WVcugE_QRG8?t=9) (https://youtu.be/WVcugE\_QRG8?t=9)
  - [Ball Handling Drills Follow Along](https://youtu.be/RW6Sneti7JQ?t=9) (https://youtu.be/RW6Sneti7JQ?t=9)

The youtube videos above are from a fellow P.E. teacher, he has been a great resource in our field of expertise.