

7th & 8th PE Online Week 6 Activities

Hi Everyone! This strange school year is winding down quickly as we only have a few more weeks of assignments for everyone. Keep staying active and try to send your work in each week! I want to know what activities you have been completing and I want to see what kind of progress you are making on your 3 weekly fitness tests. Are you getting your heart rate up during exercise? Let me know!

This week I am adding an exercise chart put together by shape america. There are lots of activities to choose from. Challenge yourself and try five exercises from the chart per day.

As usual, if you have any questions, shoot me an email using your school email address.

Week 6 directions are as follows:


1. **Continue to exercise 30-60 minutes per day if possible.** Staying active is so important right now!
2. **While exercising continue to check your pulse periodically and see if you are exercising within your target heart rate zone** (approx. 124-175 beats per minute). If you are having a hard time getting into that zone, you need to increase your intensity. If you are about 175 beats per minute, SLOW DOWN!
3. **Continue to log your daily activities writing down what you did, for how long you did each exercise and what your pulse was.**
4. **Test your core strength again this week, and continue to work your core throughout the week.** I would like you to do this simple test once per week until the end of the school year. **Record your results and include those results in the log that you turn into me.**
 - a. **1 MINUTE OF CRUNCHES** = How many reps can you get in 1 minute?
 - b. **1 MINUTE OF PUSH UPS** = How many reps can you get in 1 minute?
 - c. **PLANKS** - How long can you hold a PERFECT plank position (backs/rear ends have to be straight!)
5. **Choose up to 5 exercises per day using the SHAPE AMERICA CHART**

If you are getting into a workout rut and find yourself doing the same thing over and over, please check out some of the links/or apps below. These will spice up your routine and challenge you physically.

- Sworkit Kids App: <https://app.sworkit.com/collections/kids-workouts>
- Nike Training Club App: <https://www.nike.com/ntc-app>
- Youtube 20 Minute Tabata Style Workout:
<https://www.youtube.com/watch?v=D7oV4wXMUws>
- Ultimate 20 Minute Full Body Workout
<https://www.youtube.com/watch?v=WmGjxU3Ggko>
- P.E. With Joe - Daily online 30 minute workout classes.
<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>
- 30 Minute Tabata Session Workout.
<https://www.youtube.com/watch?v=XIeCMhNWFQQ> This is a different Tabata style workout than the one posted above. If you are looking for a challenging workout, give it a shot!

At Home Activities

Use the following chart for ideas for activities that you can try at home. Pick five different exercises to complete, once you have done all five repeat them for three rounds. Be sure to start with a warm-up to get your muscles ready for movement and end with a cool down and stretches to avoid soreness. Once you're done, think about all the activities you did. Circle the activities you enjoyed and star the activities that were challenging. Be sure to try all the activities before repeating.

<p>Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>Cardio Day 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups</p>	<p>Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides</p>	<p>Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>Frog Sit-Ups Sit down with your knees bent and soles of your feet touching with knees spread. Do a sit-up touching your heels and lower back down.</p>	<p>Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 
<p>Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.</p>	<p>Boat Pose Hold Boat Pose three times for 15 seconds</p> 	<p>10 Chair Squats Stand about six inches in front of a chair. Squat until your buttocks barely touches the chair and stand back up.</p>	<p>Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>Abs! 10 knee to elbow planks 10 crunches 10 superman poses</p>	<p>Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p>Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>
<p>Kick City 10 side kicks 10 front kicks 10 back kicks</p>	<p>Scissor Jacks As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 10</p>	<p>Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p>10 Squat Kicks Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg</p>	<p>Yogi Squat Pose</p>  <p>Hold for 30 seconds rest and repeat.</p>	<p>10 Star Jumps Jump up with your arms and legs spread out like a star. Rest and repeat.</p>	<p>Shuffle, Cross Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.</p>
<p>Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.</p>	<p>Bridge Pose</p>  <p>Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p>	<p>10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>10 Lunges with a Hook Complete a side lunge with a cross-hook punch. Do 10 on each side.</p>	<p>Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>	<p>Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>	<p>10 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position.</p>
<p>Walk Down Superman Walk your hands down to your feet and out until you're flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times.</p>	<p>Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>10 Fly Jacks Done like a normal jumping jack except bring your arms to the side to form a T. Open & close your arms in front as you move your feet.</p>	<p>10 High Knee Twists Bring your knee to your opposite elbow and switch. For a challenge add a hop when switching sides.</p>	<p>Happy Baby Pose</p>  <p>Straighten your legs for an added challenge.</p>	<p>Wall Sit Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat two more times.</p>