

Hey guys! Put those Harry Potter books and geometry calculators down! It's time to go outside and do some physical education. Now before we get into it, many of you guys should know these work outs so you can explain to your parents how to do the exercises correctly. However, if you forgot, I will thoroughly explain each exercise. If that doesn't work, I will have pictures to said exercise right below the work out on how to properly do the exercise. I highly recommend doing these exercises every day for at least 25 minutes, but if there is not enough time to work out every day, do these exercises for 25 minutes once a week. Let's get started!

By the way, modified ideas will be in blue!

I will be putting the difficulties of each exercise in parenthesis with the colors hard difficulty, medium difficulty, and easy difficulty.

### **Stretches (10 seconds each)**

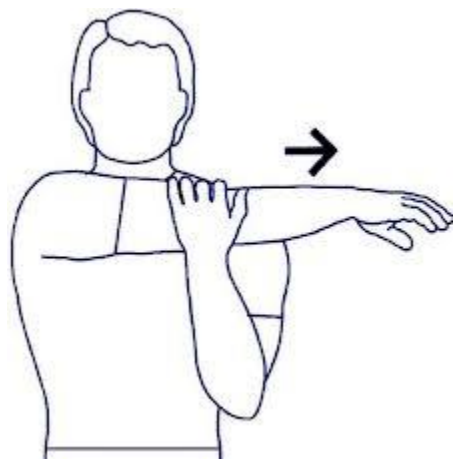
*Forward arm circles:* Extend your arms to the side and draw small circles forward in the air with your hands.

*Backwards arm circles:* Same as forward arm circles, except go the opposite way.



*Arm across chest:* Place one arm across your chest while the hand from the opposite arm holds the elbow.

*Other arm across chest:* Same as arm across chest, except do the opposite with the arms.



*Arm behind head:* Place one arm behind your head while the hand from the opposite arm holds the elbow.

*Other arm behind head:* Same as arm behind head, except do the opposite with the arms.



*Runner's stance:* One foot in front of the other and bend the knee. Like you are about to run.

*Other side of runner's stance:* Same as runner's stance, except do opposite legs.



*Toe reach:* Place both toes together, keep both legs straight, and reach for your toes with your fingers.

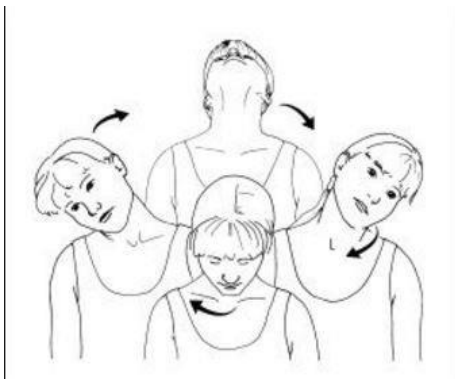


*Butterflies:* Sit up tall with the soles of your feet/shoes pressed together. Knees drop to the side comfortably. Now lean forward using your hips.



*Head Rolls:* Stand up straight and roll your head slowly clockwise.

*Opposite head rolls:* Same as head rolls, except do it counter clockwise.



### **Warm Ups (Do each twice)**

*Walk forward:* Take 15 normal steps walking forward.

*Walk backward:* Take 15 normal steps walking backward.

*Side to side walk:* Take 10 normal steps walking side to side.

*Gallop:* Like a horse!

### **Main Activities (Your choice of however many you want)**

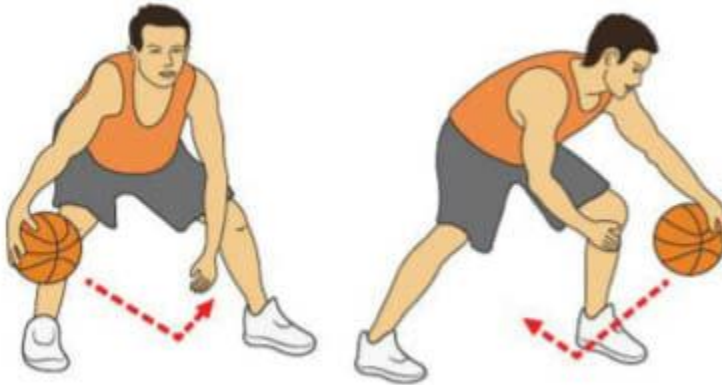
*Basketball dribbling:*

- Dribble a basketball using one hand 5, 10, 15, 20, 25 times in a row. (**hard difficulty**)
- Dribble a basketball back and forth using both hands 2, 4, 6, 8, 10, 12 in a row. (**hard difficulty**)
- Dribble a basketball using one hand 4, 5, 6, 7, 8 times in a row. (**medium difficulty**)
- Dribble a basketball using both hands 5, 10, 15, 20, 25 times in a row. (**medium difficulty**)
- Dribble a basketball using both hands 1, 2, 3, 4, 5 times in a row (**easy difficulty**)
- Dribble a basketball using one hand 1, 2, 3 times in a row (**easy difficulty**)

*Modified dribbling:*

- Use a super ball, balloon, or a tennis ball. If you have neither, you can still practice pretend dribbling.

- May also do this sitting down.

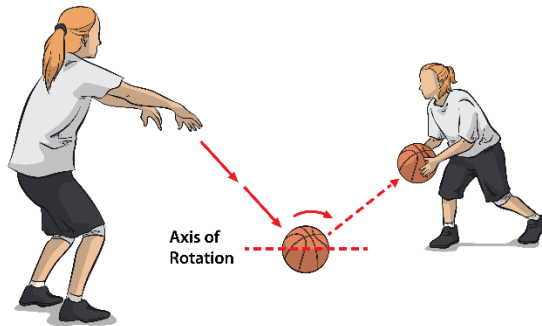


*Basketball chest bounce pass:* Bounce a basketball from your chest once to a partner.

- Chest bounce pass to a partner 20 times in a row without mistakes. (hard difficulty)
- Chest bounce pass to a partner 10 times in a row without mistakes. (medium difficulty)
- Chest bounce pass to a partner 1, 2, 3, 4, 5 times in a row without mistakes. (easy difficulty)

*Modified chest pass:*

- Use a super ball, balloon, or a tennis ball with a partner. If you have neither, you can crumble a wad of paper and practice on your own.
- May also do this sitting down.



*Basketball shooting hoops:*

- Shoot a basketball at a basketball net from 10 feet away (hard difficulty)
- Shoot a basketball at a basketball net from 5 feet away (medium difficulty)
- Shoot a basketball at a basketball net from 1-2 feet away (easy difficulty)

*Modified shooting hoops:*

- Use a super ball, balloon, or a tennis ball. If you have neither, you can crumble a wad of paper and practice on your own.

- May also do this sitting down.
- May also use a cup, open container as a basketball hoop.



*Baseball underhand passing:* Throw a baseball to a partner using one hand using underhand throw.

- Throw a baseball at your partner from 15+ feet away. Both must catch. (**hard difficulty**)
- Throw a baseball at your partner from 10+ feet away. Both must catch. (**medium difficulty**)
- Throw a baseball at your partner from 1-5 feet away. Both must catch. (**easy difficulty**)

*Modified underhand passing:*

- Use a super ball, balloon, bean bag, or crumble a wad of paper with a partner. No partner? Use a wall.
- May also do this sitting down.

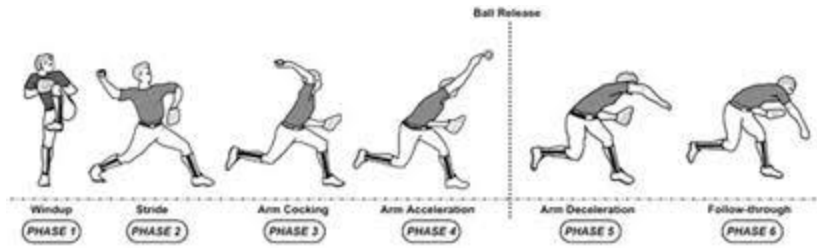


*Baseball overhand passing:* Throw a baseball to a partner using one hand using overhand throw.

- Throw a baseball at your partner from 15+ feet away. Both must catch. (**hard difficulty**)
- Throw a baseball at your partner from 10+ feet away. Both must catch. (**medium difficulty**)
- Throw a baseball at your partner from 1-5 feet away. Both must catch. (**easy difficulty**)

*Modified overhand passing:*

- Use a super ball, balloon, bean bag, or crumble a wad of paper with a partner. No partner? Use a wall.
- May also do this sitting down.



### Balancing:

- Walk on a line (can be a cement crack, tape) heel to toe for 15+ feet. (hard difficulty)
- Walk on a line (can be a cement crack, tape) one foot in front of the other for 25+ feet. (hard difficulty)
- Stand on a preferred foot for 15+ seconds. (hard difficulty)
- Hop 10+ times on 1 foot. (hard difficulty)
- Walk on a line (can be a cement crack, tape) heel to toe for 10 feet. (medium difficulty)
- Walk on a line (can be a cement crack, tape) one foot in front of the other for 15 feet. (medium difficulty)
- Stand on a preferred foot for 10+ seconds. (medium difficulty)
- Hop 5 times on 1 foot. (medium difficulty)
- Walk on a line (can be a cement crack, tape) heel to toe for 5 feet. (easy difficulty)
- Walk on a line (can be a cement crack, tape) one foot in front of the other for 5-10 feet. (easy difficulty)
- Stand on a preferred foot for 1-5 seconds. (easy difficulty)
- Hop 1-4 times on 1 foot. (easy difficulty)



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**Soccer:** When the ball is kicked to you, use your foot to stop it before kicking it again.

- Kick a soccer ball to a partner from 20+ feet away. (hard difficulty)
- Kick a soccer ball to goal from 30+ feet away. (hard difficulty)
- Kick a soccer ball to a partner from 10 feet away. (medium difficulty)
- Kick a soccer ball to goal from 20 feet away. (medium difficulty)

- Kick a soccer ball to a partner from 1-9 feet away. (easy difficulty)
- Kick a soccer ball to goal from 1-10 feet away. (easy difficulty)
- Roll a ball sitting down. (easy difficulty)

*Modified soccer:*

- Use a super ball, balloon, or crumble a wad of paper with a partner. No partner? Use a wall.

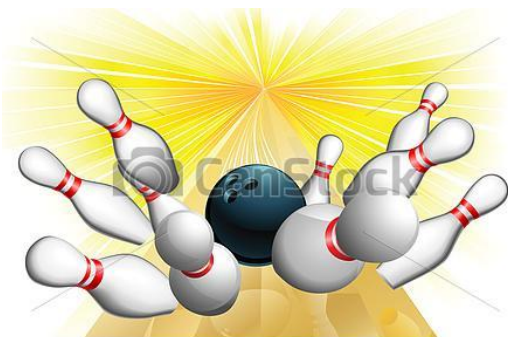


*Bowling:*

- Roll a ball hitting bowling pins from 15 + feet away. (hard difficulty)
- Roll a ball hitting bowling pins from 10 feet away. (medium difficulty)
- Roll a ball hitting bowling pins from 1-5 feet away. (easy difficulty)

*Modified bowling:*

- Use a super ball, balloon, or crumble a wad of paper with a partner. Use water bottles as pins.



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I miss all you guys. I know that during this difficult time, things can get hectic, but just know we all will get over this and go back to our original schedules. Don't lose hope because we are nearing the end of this. If you and/or your parents would like to get ahold of me, you may contact me at my email ([egonzalez@banning.k12.ca.us](mailto:egonzalez@banning.k12.ca.us)) or my phone number (951-616-9281). If I don't answer, feel free to leave me a voicemail.