

E-Learning - Adapted P.E.

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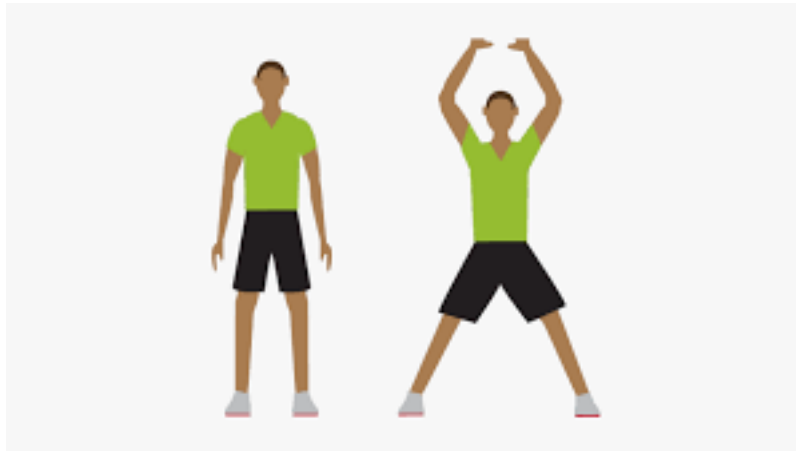
My Office Hours Each Day: 9-10am, 1-2pm

Directions: The following exercises are designed so your child stays active and healthy during these extra days they will be at home. Please follow each step of the below schedule at least once each day.

- 1) **Check Resting Heart Rate:** Place hand on heart for 20 seconds before doing any exercising. Softly tap your chest to simulate your heart beat. Is your heart beating fast or slow?



- 2) **Jumping Jacks:** Perform 30 jumping jacks (Cues of “open then close” or “I then X”)
Modification ideas: Student performs jumping jacks only with their arms or only with their legs. Student pauses after each jumping jack (i.e. pauses after “open” then pause after “close”). Student has hand-over-hand support for arm portion of jumping jacks



3) Stretching: 30 seconds each

Arm circles (large and small ones)



Trunk Twist - side to side



Knee hug - arms around knees while lying down



- 4) **Push-up Plank:** Hold the upward portion of the push-up for as long as you can one time. After 60 second break, try same exercise and attempt to hold for longer period of time. Do a 3rd time after 60 second break. Push yourself!
Modification ideas: Perform push-up plank with knees on the ground or feet against a wall (easier).



- 5) **Wall-Sit:** Lean against a wall so back is flat against wall, legs around 90 degrees. Knees should never be ahead of toes.
Modification ideas: Back against wall with SLIGHT knee bend (not near 90 degrees)



- 6) **High Knee Running in Place:** 30 seconds, 2 separate times. High knees and pump arms up and down while running in place
Modification ideas: Jog/walk around house. If sitting, pump arms up and down simulating running motion



- 7) **Frog Jumps:** 30 seconds do as many as you can, 2 separate times. Crouch down, flat hands on the floor, then jump up with hands up.
Modification ideas: Touch the ground then stand up. If not able to touch the ground, touch a low and high part of your body (i.e. touch your ankle/knee, then touch your head)



- 8) **Check Exercise Heart Rate:** Place hand on heart for 20 seconds immediately after exercising. Softly tap your chest to simulate your heart beat. Is your heart beating fast or slow?

