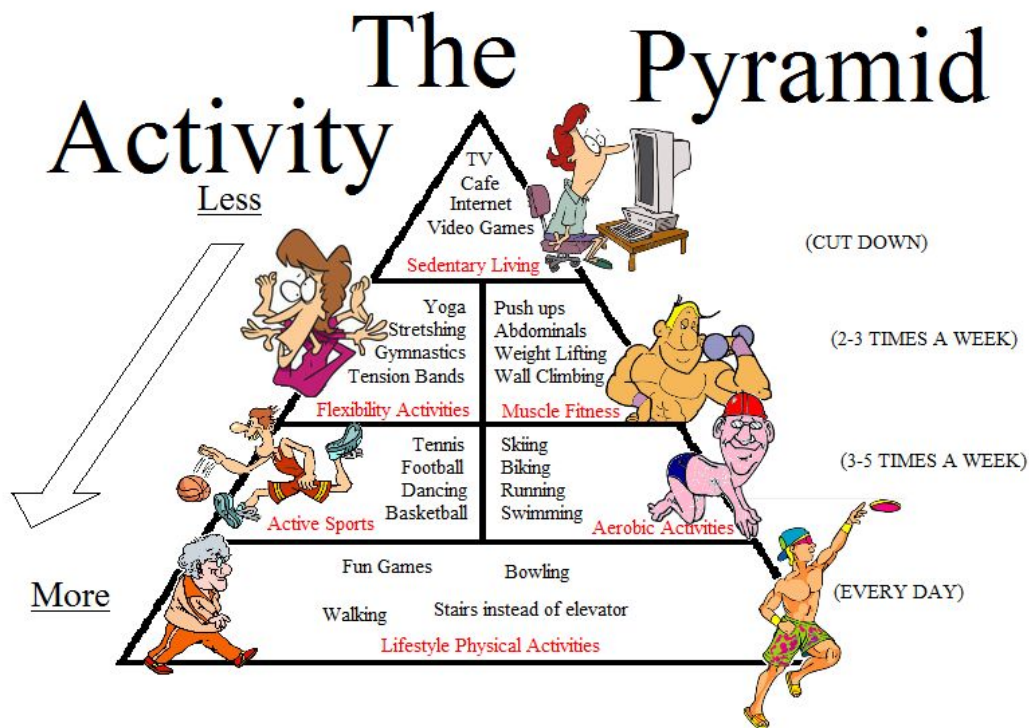


Physical Education - a program remains a vital part of the total process of “education through the physical” by using games, sports, aquatics, dance, and other vigorous activities to help the individual achieve physical well being.

Stretching - is a form of physical exercise in which a specific muscle or tendon is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion.

Water (H₂O) - Along with physical activity it is important to drink at least 8 glasses of water daily.



Use this activity pyramid to help you in your daily physical activities for at least 30 minutes. While staying at home and in your bed or on the couch, it is still important to keep your body moving.

Warm- Up

Before each activity it is important to warm-up so the body can function optimally during activity.

Dynamic Warm- Up

1. Sweep the grass
2. High Knees
3. Walking alternate side lunges
4. Walking Squad Stretch
5. Walking toe kicks

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After each activity it is also important to cool down to bring the body back down to a pre-exercise state.

Static Warm-Up

1. Seated touch your toes
2. Butterflies
3. Seated cross leg over, turn upper body opposite direction
4. Standing squad stretch

Daily Activity Log

Must include the following:

Date:	Activity Description:	Time Duration:	Parent Initials:
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To keep track of your daily activity you may write in a journal, lined paper, etc.

Walking/Jogging

Here is a Two-Week Walking/Jogging Program, you may adjust if needed. You could walk for two weeks, then add running for the next few weeks. This is a flexible schedule you can change to make it your own based on your activity level.

Walking	Mon.	Tues.	Wed.	Thurs.
Week 1	Walk 20 mins	Walk 20 mins	Walk 25 mins	Walk 25 mins
Week 2	Walk 30 mins	Walk 30 mins	Walk 35 mins	Walk 35 mins
Jogging	Mon.	Tues.	Wed.	Thurs.
Week 1	Jog ½ mile	Jog ½ mile	Jog 1 mile	Jog 1 mile
Week 2	Jog 1 ½ mile	Jog 1 ½ mile	Jog 2 miles	Jog 2 miles

Circuit Body Weight Training

Use your body weight only, no equipment needed. Circuit training you perform each exercise for 1 minute then 10 second rest in between, second round perform each exercise for 30 seconds and 10 second rest in between.

<u>Round 1 - 1 minute each</u>	<u>Round 2 - 30 Seconds each</u>
Push Ups	Push Ups

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Mountain Climbers	Mountain Climbers
Burpees	Burpees
Sit Ups	Sit Ups
Squats	Squats
Jumping Jacks	Jumping Jacks
Plank	Plank

The walking/jogging program is to give you suggestions for daily activity, you can play a sport with your siblings, have a parent tag along on your walks, just keep a daily log of what you did for physical activity:

1. Warm Up
2. Exercise
3. Cool Down
4. Log your activity