

Grigsby Intermediate Physical Education Weekly Challenge April 27, 200

Below is a list of exercises/activities you can do to challenge yourself throughout the week. Feel free to check them off as you do them. I recommend at least 20m of physical activity daily.....however, feel free to do more than that if you choose. If you are sitting at the table doing your school work and need a "brain break" take 5 minutes and do an exercise. This really helps reset your focus level, and remember exercise gives you physical & mental energy!

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday
Walk/Jog ✓ Walk for 30sec. ✓ Jog 1m ***Try this 3 times*** (5 minutes)					
Push-ups – Can be done traditional push-up position or knee push-ups. Try to do as many as you can, but no more than 10 at a time. Try to do 3 sets of this, with at least a 30 second break in between sets. (3 min)					
Sit-ups – Try to do 10 at a time.....and try to complete 5 sets for a total of 50 sit-ups. At least 30 second break in between sets. (3 min)					
Jumping Jacks ✓ 25 Jumping Jacks ✓ Count to 20 (break) ✓ 20 Jumping Jacks ✓ Count to 20 ✓ 15 Jumping Jacks ✓ Count to 20 ✓ 10 Jumping jacks (70 total) Let's Go!!! (3 minutes)					
Dribbling – (Soccer) *Dribble a ball with your feet for 1 minute continuously. You can do this in the yard, in the basement, anywhere you have room to move around. Remember, use the inside of your feet/shoes to control the ball, and keep the ball within 1 big step from you at all times. Do this 3 times with a minute rest in between sets. (6min.)					
Shooting/Kicking – Try to find a target (outside) that you can kick the ball towards, much like kicking the ball towards the goal in soccer. One idea is to set up a bucket, start from a distance of 5 feet.....If you can hit the bucket from 5 feet away, then move back to 10 feet.....every time you hit the bucket, move back another 5 feet. You can make a challenge out of it; give yourself 10 attempts at each distance, and see how far away from the bucket you can get. Should be fun! Mr. Witt was able to get to 20 feet, but I missed all 10 at the 20 foot mark!					

Here are some other Exercises / Activities you can do:

- *Jump Rope* – If you have a jump rope, get it out and jump rope a little bit each day.....Jump Rope is one of the best activities you can do for your heart! If you don't have a rope at home???? You can tie a bunch of socks together to make your own jump rope, or you can "air" jump rope.....kind of like playing the "air guitar", but we are jump roping instead.

Quick reminder: when you are jumping, keep your elbows in against your body; you want to turn the rope with your hands, wrists, and forearms.

Some ways you can jump:

- ✓ Forwards / Backwards (single bounce & double bounce)
- ✓ Right / left foot only
- ✓ Alternate / run in place while jumping
- *Balance Beam* – You can put a line of tape down on the floor and try to balance walk your way across the tape (Be sure to walk heel-to-toe). Try to turn and go back to your starting point. You can also try this going backwards.
- *Skip/Gallop/Hop* – These are locomotor movements that can be done inside the house or outside the house.
Challenges:
 - ✓ Can you gallop up and down the hallway for 30sec?
 - ✓ Can you skip to the front door and back 5x?
 - ✓ Can you hop down the driveway/sidewalk on your right foot, turn around, and hop back on your left foot?
- *Snowball Fight* – You can ball up a bunch of socks and have a snowball fight.....This can be done inside or outside.....Be sure to throw using correct throwing form:
 - ✓ Turn shoulders
 - ✓ Reach ball back away from target
 - ✓ Step toward target with opposite foot
 - ✓ Release and follow through
- *Dance Party* – This is a great way to elevate your heart rate and have a lot of fun in the process. Put on some of your favorite dance music and have a super fun dance party. Let the good time roll!
- *"Simon Says"* - - -This is always a fun activity to try.....You can use any exercise during this game (jumping-jacks, push-ups, sit-ups, burpees, etc.....)

Other commands:

- ✓ Check their rights & lefts (Simon Says place your right hand on your left shoulder)
- ✓ Balance (Simon Says balance on your right foot and count to 5)

*****PARENTS** - - -The best way to contact me with any questions is via my school email address which is

kevin.witt@carlisleindians.org I will be available Mon-Fri to answer any questions you may have for me. I check my email hourly throughout normal school hours and will get back to you as quickly as I can.