

**METTIE JORDAN PHYSICAL EDUCATION PLAN 5-11-15-2020**

Daily warm up-

Jog- 2 minutes

Stretching-

All stretches will go for a 10 count:

Seated feet in front, touch your toes

Teacup (one leg bent and one leg straight), one side and then the other

Butterflies

Butterflies-Elbows in the Middle

Standing

Feet together, touch your toes

Spread your feet, both hands on your right foot

Both hands on your left foot

Both hands in the Middle

Feet together: arm circles-10x little circles forward, then backwards, 10x big arm circles forward, then backwards

Jumping jacks: 25

Weekly activities-

**Monday-**

Sock Dodgeball, used rolled up socks and play dodgeball throughout the house. Instead of being “out” when you get touched by a sock ball, do 10 jumping jacks and then get back into the game.

Jump Rope- number of reps maybe adjusted to your student’s ability

25 jumps on 2 feet

25 right leg jumps

25 left leg jumps

Jump continuously for as long as possible without having any mistakes and then try to beat that time. See if you can beat your mom or dad.

**Tuesday-**

Workout Tuesday

1 minute of frog jumps (jumping for distance)

1 minute of lunges

1 minute of sit ups or crunches

1 minute of burpees

1 minute of rocket jumps (jumping for height)

REPEAT 3 times

**Wednesday-**

Create your own obstacle course (indoor or outdoor). Using items that you have around your house set up obstacles that you have to run around, over, or through. Be creative. Maybe incorporate sidewalk chalk for a hopscotch obstacle.

### **Thursday-**

Balloon volleyball

Fill up a balloon and keep the balloon in the air as long as possible. Try individually to determine a family champion, or do it with the family to see how long you can keep it up collectively.

### **Friday-**

Exercise Dance Party- pick your favorite gonoodle.com activities to sing and dance along to, or just sing and dance along to your favorite music! When the music pauses or changes you have to do your favorite exercise till the song starts again or a new song comes on.

### **Additional Resources for PE at home**

[pecentral.com](http://pecentral.com)

[peuniverse.com](http://peuniverse.com)

[hessunacademy.com/homeschool-pe](http://hessunacademy.com/homeschool-pe)

[gonoodle.com](http://gonoodle.com)

[pegames.org](http://pegames.org)

[thespecialist.com/peathome/](http://thespecialist.com/peathome/)