

Name: **Mia Rosado**

P.E. Teacher: Mr. Flick Period:

Physical Education Exercise

Log

Your weekly Physical Education assignment is to complete the exercise log below. The log will provide your Physical Education teacher with information about how you are staying fit at home. Make sure to use the correct form on all exercises (use the pictures below for guidance). Your goal should be to increase the amount and duration of each exercise over the course of the week. Do not forget to have your parents or guardians sign the log every day.

	Push-Ups	Run/March In Place	Curl-Ups	Plank	Mountain Climbers	Jumping Jacks	Parent Signature
Goal	20-50	3:00 – 10:00 Minutes	40-100	1:30 – 5:00 Minutes	50-100	50-100	<i>Patricia Rosado</i>
Monday	5-10	5 min	25	3 min	5	100	josefina nava
Tuesday	5-10	5 min	20	2 min	5	35	josefina nava
Wednesday	5-10	5 min	10	5 min	10	36	josefina nava
Thursday	5-10	5 min	25	5 min	20	40	josefina nava
Friday	5-10	5 min	26	4 min	5	100	josefina nava



Push-Ups

Support the body on hands and feet with legs extended back and arms straight. Slowly bend the elbows and lower the chest toward the floor. Straighten the arms and return to the starting position



Run/March in Place

Alternate lifting the knees, swinging the arms in opposition.

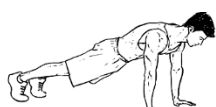


Curl-Ups

Lay on your back with knees bend and arms extended. Tighten the abdomen and lift shoulders off the floor as hands slide forward. Return to the starting position.

Plank

Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width. If flat palms bother your wrists, clasp your hands together. Keep your back flat



Mountain Climbers

Get into a plank position with your hands shoulder-width apart. Keep your back flat and



Jumping Jacks

Stand erect with arms at sides like a pencil. Jump up, landing with feet apart and arms

pull your right knee into your chest. Then switch, pulling that knee out and bringing your left knee to your chest. Keeping your hips down, run your knees in and out as far and fast as you can.

Additional exercises

1. **Modified push-ups** - Modified Push-ups or MPU's are easier to do and can be done anywhere. You can use a chair, couch or anything that will elevate you from the floor, helping to make push-ups a little easier. Do as many MPU's as you can and record it on your PE exercise log in the Push-up box. You can also hold yourself in push-up position for both regular push-ups and modified push-ups. Record how long you hold yourself in pushup position in the Push-up box on your exercise log. I demonstrated Modified and stationary push-ups on my Instagram March 17, 2020.
2. **Workouts to replace Run/March in place** - I've included a couple of movements to replace Run/March in place.

Side jumps - Two footed jumps, jumping right to left and left to right. You can jump 10-20 times or time your jumps for 30 seconds or more depending on how difficult you want to make your side jumps. Another addition to your side jumps would be jumping over an object. The height and width of the object you jump over will add to the difficulty of the movement. Always be safe while doing this...a ball wouldn't be a good object to jump over.

Curb step-ups or curb jumps - Please do not stand in the street and do this! Safety first!

Curb step-ups - Find a curb or object that is about 6 inches high and stable enough for you to stand on or jump on. Step-ups are simply stepping up with your right and then left foot (or step up with your left and then your right) and then stepping down. You can go at your own pace by starting slow and increasing the speed as you get more comfortable with the movement. You can raise the height of the object you are stepping upon to increase the intensity of the workout.

Curb jumps - Find a curb or object that is about 6 inches high and stable enough for you to stand on or jump on. Do a two-footed jump onto the curb and jump down. Do 10-20 repetitions or do the movement for 30 seconds or more. This is a quick movement that will be a little more difficult than the step-up and needs to be done with control.

Plyometric jump or Box jump - This movement is a dynamic movement and is done on a stable object that is about two feet high or higher for more difficulty. **Safety first...make sure the object you jump on is stable and will not move!!** Do a two-footed jump up and on top of the object directly in front of you. Land in the middle of the object and step down with good control. Do 10-15 jumps or time yourself for 30 seconds and do as many controlled plyometric jumps as you can.

I posted all of these movements on my IG - @ais_flick. Pick one of the above movements to replace Run/March in place. Try a different movement each day while doing your workout. If you have a jump-rope, you can use that as a replacement for run/walk-in place.