

Highlands PE- Week 4

Mr. C and Mr. Jensen miss you all. Hope your staying active and trying your best to get at least 60 minutes of exercise in every day. Here are the Week 4 lessons to keep you moving:

Day 1: The Avengers Workout.

3 choices of exercises every 40 seconds. If you want to really challenge yourself go through the video a second or third time and pick the exercises you didn't do earlier. Click on the Link below, click skip ad button if there is one and maximize screen if you want. Have fun!

[CLICK HERE FOR YOUR WORKOUT!](#)

Day 2: Coordination

Standing Figure 8s

Figure 8: Hold a small ball, wad-up a piece of paper to make a ball, or bundle up a pair of socks.

1. Stand with legs apart with the object in your Right Hand.
2. Start the Figure 8 by moving the object in front of your right leg, and reach under to take the object with your Left Hand.
3. Take the object around and in Front of your Left Leg while you reach under with your Right Hand to take the object.
4. Repeat!



5. Try it with your eyes closed.

Day 3: Water and Brain.

Learn about the importance of water for the body and exercise the brain while you work on balance and play a memory mirror game. Click on link and follow.

[CLICK HERE!](#)








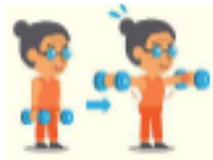




Day 4

K-5 Living Room Workout Increasing Muscular Strength



Muscular strength is the ability of muscles to push or pull with total force. Increasing muscular strength allows a person to lift, push or pull with more force. Think about trying these in the morning and late afternoon. Pick 1 or 2 from each column.

Leg Strength	Upper body strength	Combination
<p>10 Lunges</p> 	<p>5 Push-ups</p> 	<p>7 Burpees</p> 
<p>15 Squat jumps</p> 	<p>8 Tricep Dips on chair</p> 	<p>10 Seal Jacks</p> 
<p>7 Squats</p> 	<p>10 Side Lateral Raises You can use soup cans for weights.</p> 	<p>10 Curl Ups</p> 
<p>25 High knees</p> 	<p>*Repeat 2 times resting when needed* Can you come up with some daily things you do that also helps increase muscular strength? Here's a hint...carrying groceries helps with muscular strength.</p>	

Day 5: Old Town Road Tabata Workout.

Works on Cardio, Muscular Strength and Muscular Endurance.
2 choices every 30 seconds. Click and follow.

[CLICK HERE FOR YOUR WORKOUT!](#)

