

We can also be reached through email anytime:

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Note: Zoom meetings are for students who need to meet because they have questions or issues. You are not required to meet. If you know what you are doing, great just turn in your packet.

Examples of activities:

Upper Body: 8 to 20 Reps per Set	Warm-up Exercises: Minimum of 2 minutes of any combination
Push-ups with hands wide or together Incline Push-ups Decline push-ups Curls (elastic bands or cans) Shoulder press (elastic bands or cans) Seated row (bands) Fly press (elastic bands or cans) Shoulder rotation (elastic bands or cans)	Jumping jacks High knees (touch hands) Mountain climbers Burpees Skip for height (lap) Skip for distance (lap) Two feet step jumps Side to side step jumps
Lower Body: 8 to 20 Reps per Set	Body Core: Minimum 20 Reps or 30 seconds = 1 Set
Lunges Squats Squat jumps Wall Sits Calf Raises 50 yard sprints 20 yard shuttle runs	Plank (push-up position or elbow) Side Plank Superman Flutter kicks Sit-ups Bicycles Back arch Russian twist
Stretches: Hold for 30 seconds = 1 Set	Cardio / Extended Activities 15+ minutes
Calf stretch (to prevent Seavers Disease) Flamingo (to prevent Osgood Schlatter) Sit n Reach Stretch (to prevent back pain) Swimmers stretch Shoulder rolls Forearm stretch One legged hamstring stretch Spiderman lunge to side Squat Stretch Childs pose or (sit Cross legged and bend forward)	Walking / Jogging / Running Shooting hoops Table tennis Skateboarding / Scooter / Bicycling Jump rope Dancing (all kinds) Yoga Cheer routines Playing catch (big ball, small ball, Frisbee) Boxing / Martial Arts kicking and punching Tumbling

Splits to the side Splits to the front (alternate legs to front)	Trampoline Soccer (juggling, practice moves, kicking at wall) Juggling Circuit Training (combine exercises)
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These are suggested activities. Feel free to move how you see fit!

YOU CAN DOWNLOAD THE PELETON APP FOR FREE!!!! THESE GIVE FAMILY WORKOUTS!

1. Fit family fun ages 5 and up
2. Fit family strong ages 10 and up
3. Fit family brain breaks (5 min sessions) ages 5 and up
4. Family meditations (5 and 10 min sessions) Ages 5 and up
5. Outdoor walk and run programs
6. Yoga
7. Stretching
8. Strength

This is all just from one app! It is free during this quarantine time, so why not take advantage?? No equipment necessary!

P.E. Activity Log Student Name _____ Adult Witness _____

Day 1 Week 1

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 2 Week 1

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 3 Week 1

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 4 Week 1

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 5 Week 1

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

P.E. Activity Log Student Name _____ Adult Witness _____

Day 1 Week 2

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 2 Week 2

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 3 Week 2

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 4 Week 2

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 5 Week 2

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

P.E. Activity Log Student Name _____ Adult Witness _____

Day 1 Week 3

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 2 Week 3

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 3 Week 3

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 4 Week 3

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 5 Week 3

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

P.E. Activity Log Student Name _____ Adult Witness _____

Day 1 Week 4

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 2 Week 4

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 3 Week 4

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 4 Week 4

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

Day 5 Week 4

Flexibility/Stretches	Reps and Sets	Time
Strength		
Extended Activity		

