



MILEAGE CLUB

WEEK 2

Activity #1 - Shuttle Run

Set up in your yard or on the sidewalk and time yourself. Do the activity multiple times to see if you can improve your speed/time.

<https://www.youtube.com/watch?v=6etwjsnMORQ>

Activity #2 - SPIRIT WORD OF THE WEEK!

On your gym circuit sheet spell the words

“We Got This SLP”

Activity #3 - Wacky Run

Dress crazy and/or run every lap or distance a wacky way (examples: run backwards, skipping, dancing or hopping). Have fun and get creative. Remember to track your mileage for fun.

Flipgrid code: **wallinga8606**

Use students mypanthers.org email to create account. That info is in campus or ask your teacher.



Post your activities to the Mileage Club flipgrid page and don't forget to comment and cheer on your friends!!

Mileage Club

Alphabet Circuit

- A - 10 burpees**
- B - run around the house 3 times**
- C - 1 minute wall sit (or as long as you can)**
- D - 10 push ups**
- E - 10 sit ups**
- F - 20 jumping jacks**
- G - 5 cartwheels**
- H - jump rope for 1 minute**
- I - 1 minute plank (or as long as you can)**
- J - 10 jump squats**
- K - skip around the house 3 times**
- L - 20 mountain climbers**
- M - run up and down stairs 5 times**
- N - 10 squats**
- O - bicycle crunches for 1 minute**
- P - run in place for 1 minute**
- Q - 10 squats**
- R - 1 minute plank (or as long as you can)**
- S - balance on one leg as long as you can**
- T - 20 jumping jacks**
- U - 10 sit ups**
- V - 10 lunges**
- W - 10 push ups**
- X - 10 crunches**
- Y - 20 mountain climbers**
- Z - dribble basketball 20 times**