

Suggestions for Gym activities while at home:

Grades Kindergarten through 8th grade are familiar with warming up, stretching and cardiovascular activities. Grades 4-8 are also familiar with strength and muscular endurance work.

Kindergarten - 3rd grade: Should be done in 30 second increments

Forward bends - bend forward and up

Side bends - bend side to side, bringing fingertips to knees

Toe touches - stretch overhead and reach down to toes

Crossover leg stretching (each side) - cross one leg over other and stretch down; switch legs

Balancing - standing on one leg, point toes down and up; switch legs

Arms down by side, roll shoulders forward; roll shoulders backward; shrug shoulders

Warm up for these grades continues with songs: (students know motions to correspond to these).

*My toes, my knees, my shoulders, my head;
My toes, my knees, my shoulders, my head;
My toes, my knees, my shoulders, my head;
Let's all clap together.*

*Row, row, row your boat;
Gently down the stream;
Merrily, merrily, merrily, merrily;
Life is but a dream.*

*Head, shoulders, knees and toes
Knees and toes.
Head, shoulders, knees and toes
Knees and toes.
Eyes and ears and mouth and nose;
Head, shoulders, knees and toes
Knees and toes.*

*Toe, knee, chestnut knows I like you;
Toe knee knows;
Toe knee knows.
Toe knee chestnut knows I like you;
That's what Toe knee knows.*

Good websites to use: YouTube: Go noodle!

Continuing K-3:

Here's a good *Simon Says* activity:

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		
Wave your arms above your head.	Hop around like a bunny.	Pretend to shoot a basketball 10 times.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to jump rope for a count of 10.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.	Bend down and touch your toes 10 times.	Pretend to milk a cow.
Walk on your knees.	Reach behind you and try and hold your right foot with your left hand without falling over.	Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.	Show off the muscles in your arms.	Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.		Do the strangest dance you can think of.
		Scream.



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Grades 4-8 (30 second increments)

Warm up: Exercises should be done for 30-45 seconds each.

Bend forward and up (straddle legs and bend from waist)

Side bends (bend side to side not leaning forward)

Side lunges (straddle legs keep upper body upright and alternate lunging to each side)

Forward lunges (put one leg out in front; keep upper body up and lunge straight down; do 15 each side and switch legs)

Rest hands on ears and bring knee up to opposite elbow trying to keep elbows out to side; concentrate on bringing the knees up, not the elbows down.

Squats - straddle legs squat straight down (keep back straight)

For balancing, lift one leg out in front. Circle ankle clockwise (30 times) and counter-clockwise (30 times) each leg.

Arms out to side. Small, slow circles to the front (keeping arms up shoulder high). Then circle to the back.

Arms out to side shoulder high with palms up. Bring hands to tap shoulders. Keep arms up shoulder high.

For strength and muscular endurance. (These should be done for 1 minute each)

Curl ups: Lying on back, curl up bringing head, shoulders and elbows up. Keep elbows out and head and neck still.

Push ups: Start out with hands below shoulders. Lift the entire body up in one even motion; lower back to starting position without touching the floor.

Planks: Start out in push up position, hold this position, using abdominal muscles to keep you from dropping your back.

Shoulder tap plank: In plank position, tap hand to opposite shoulder.

Plank with knee lift: In plank position, bring knee to opposite elbow.

Wall sits: Standing with your back against the wall, slide down until your knees are at a 90 degree angle. Keep back against the wall and hold for 1 minute. Try not to lean forward.

Jumping jacks: Try to do at least 50 regular jumping jacks.

Grades 4-8

Here's a workout for a little more cardio activity that can be done individually:

5-4-3-2-1 Workout

5 Minutes:

1 min Jumping
Jacks
1 min high knees
1 min butt kickers
1 min power jacks
1 min high knees

4 Minutes

1 minute squats
1 minute wall sit
1 minute jump
squats
1 minute wall sit

3 Minutes

15 Tricep Dips
15 Pushups
15 Dumbbell back
rows
(Repeat for 3 min)

2 Minutes

1 Minute Walking
Lunges
1 Minute Jumping
Lunges

1 Minute

Plank

Total Time: 15 Min Repeat 2-3 Times for best results

<http://Kissesandkale.blogspot.com>

ROLL OF THE DICE WORKOUT

Want a different workout every time?
Just roll the dice!

All you need is 2 dice and some room to workout.
Each workout should include at least 10 dice rolls, but you can do
more based upon your fitness level.

The sum of the 2 dice determines the activity you do.

- ROLL a 2 - 200 jumping jacks
- ROLL a 3 - 30 lunges (5 each side)
- ROLL a 4 - 30 high knees (5 each side)
- ROLL a 5 - 5 pushups
- ROLL a 6 - 25 crunches
- ROLL a 7 - 30 squats
- ROLL a 8 - 40 mountain climbers (20 each side)
- ROLL a 9 - 40 skaters (20 each side)
- ROLL a 10 - 100 jump ropes (no rope)
- ROLL a 11 - 30 butt kicks (5 each side)
- ROLL a 12 - 5 burpees



*Consult a physician before starting any exercise program.

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