

**St. Paul's Catholic School- Physical Education
Coach Hulihan**

Fridays April 17th, 24th, May 1st, and 8th

Here are 5 workouts!!

***Friday's are Resource Day but you can do these anytime during the week!**

***For the next 5 weeks try and complete at least one workout per week!**

***You may also complete all five-exercise programs per week if you would like! 😊**

***Only perform these assignments with supervision and parent permission**

***If you do not know how to do an exercise that is listed in these workouts, please remember that you can always Google It! An easy search prompt to type into Google would be: "How to do _____" including the exercise name provided on this handout.**

***You may also choose to do another workout that you feel would be more fun or that you really enjoy doing! Just remember to do something active!!**

Remember to try YOUR BEST, have fun, and use the opportunity to learn new and exciting exercises!

Warm-Up

Here is a simple 5-minute warm-up before you begin each day's exercise.

<https://www.youtube.com/watch?v=d3LPrhI0v-w> --

Workout #1 –Muscular Strength Workout

1. Pushups

(Focus Area: Chest)

3 Sets of 10 repetitions (reps)

*Note: For those of you, who cannot perform a basic push-up correctly, see this video for options to improve your technique!

<https://www.youtube.com/watch?v=DrmG3Kq7fPE>

2. Bodyweight Squats

(Focus Area: Quadriceps/Hamstrings)

3 Sets of 10 reps

*Note: If you wish to challenge yourself find something in your house to hold in front of you to add extra weight!

3. Sit ups

(Focus Area: Abs)

3 Sets of 10 reps

4. Calf raises

(Focus Area: Calves)

3 Sets of 10 reps

5. Cool Down: Static Stretching

*Note: This should take place after EVERY WORKOUT UNLESS TOLD OTHERWISE.

For some ideas or refreshers on some static stretching:

<https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout #2

Cardiovascular Endurance Workout! [L] [SEP]

There are TWO options to choose from!

1. Complete this workout!
<https://www.youtube.com/watch?v=50kH47ZztHs> No warm up or cool down necessary for the video workout
[L] [SEP]
2. Complete a 20-minute walk or jog around your neighborhood! Make sure it's okay with your parents!!

Workout #3

Flexibility

It's time to focus on our flexibility. No warm up needed for this video exercise.

Total Body Stretch Workout – see link below

<https://www.youtube.com/watch?v=sTxC3J3gQEU>

Workout #4

Your Choice Day!!

Choose some sort of fun physical activity (inside or outside of the house) and try to be actively playing for at least 30 minutes to 1-hour

Workout #5

Help Your Family!

Ask your parents if you can help them with something around the house and make it into a PE exercise!

Ex: walking the dog, clean out the garage, etc.

Also, say a BIG THANK YOU to your PARENTS for everything that they do for you!