

HMK PHYS. ED. - staying active at home



Hi students! Here are some ways to stay active and continue on with our gymnastics unit. First, I will continue with the unit then give you ideas to stay active and some links to go to!

GYMNASTICS- try working on these if you have safe space to do so.

Flexibility-straddle and pike sit holding down as low as you can for 10 seconds. Repeat three times each. Add splits, back bends or rocking chair for leg and back flexibility!

Rotations- practice forward roll, egg roll, pencil roll, banana roll, back shoulder roll. For older students then handstands, teddy bear stands and cartwheels.

Springs- straight, tuck, straddle, heel grab and star jump with good motorcycle landings. Can you hold your landing for three seconds without moving?

Strength- core- bear walk, giraffe walk crab walk bug run and inchworm. For older students add plank rocks, v- sit holds, crunches and push ups.

Here's some you tube videos for Grade 1 and Kindergarten- Yoga for Kids, Going on a Bear Hunt, Lets dance and shake it (Pop Babies), Wash your Hands, Shake your Sillies Out, Shake Break



Grade 2 and 3- Go Noodle- Jump Squat turn around, Koo Koo - This or that
Cosmic kids yoga, You tube Kids workout 1 Beginners

Grade 3 and 4- Go Noodle- Believer, I'm still standing, Fight Song, Best Days of my Life. Challengers?? Blast off, Full Speed and Fresh Start!





Grade 4s - Please try making your own tabata with five intense exercises done for 30 seconds with ten second breaks between. Can you do three repetitions??

(For example, high knee run, push ups, mountain climbers, jumping jacks, crunches.)

Getting outside to play, skate, ski or sled is awesome for fitness and mental health!

Mrs. Douglas