Working from Home:

Hi Parents,

Below is a basic stretching routine that we use in class. This can easily be completed at home. Just make sure to have a little bit of room to move!

Or

Students can choose to do anyone of the fitness routines found on the main page!

*\*\*Please check out the “Beat the Teacher ~ Minute to Win It” video challenges!\**

\*Remember to Log your activity on the downloadable chart on the main page\* It would be great to see how active you have been during this time at home!

**WHOLE BODY STRETCH SEQUENCE**

Neck Rotations \*3 left and right alt. (CIRCLE – UP TO THE CEILING AROUND TO THE FLOOR)

Arm Rotations \*5 forwards – small rotations // palms up – straight arms out to the side

Arm Rotations \*5 backwards – large rotations –slow /palms down - straight arms out to the side

Waist Rotations \* 3 left – 3 right

Knee Rotations \* 3 left – 3 right (slight bend in knees – hands on kneecaps / small circles)

Butterfly stretch (sitting on bums/ soles of feet touching//press on knees) – 5 second hold

Gastro Stretch (SITTING POSITION-LEGS OUT – GRAB THE TOES) - \*1- 5 second hold

Periscope stretch - (lying on back/ lift 1 leg up and pull knee back a bit – hold stretch) – left and right alt. 1each leg.

**Basic Exercise Routine: Modified slightly for home/limited space.**

**Kindergarten:**

30 SECONDS STATIONARY JOG ( ON THE SPOT)

30 SECONDS STATIONARY HIGH KNEES ( ON THE SPOT)

30 SECONDS STATIONARY BUTT KICKS ( ON THE SPOT)

10 Jumping Jacks

10 Mountain Climbers (1 leg counts)

10 Burpees

10 Push ups

10 Crunches

**Basic Exercise Routine: -Grades 1-3**

1 Minute - STATIONARY JOG ( ON THE SPOT)

30 SECONDS STATIONARY HIGH KNEES ( ON THE SPOT)

30 SECONDS STATIONARY BUTT KICKS ( ON THE SPOT)

20 Jumping Jacks

20 Mountain Climbers (1 leg counts)

10 Burpees

10 Push-ups

10 Crunches

**Basic Exercise Routine: -Grades 4-6**

1:30 Minute - STATIONARY JOG ( ON THE SPOT)

45 SECONDS STATIONARY HIGH KNEES ( ON THE SPOT)

45 SECONDS STATIONARY BUTT KICKS ( ON THE SPOT)

30 Jumping Jacks

40 Mountain Climbers (1 leg counts)

12 Burpees

15 Push ups

20 Crunches *Followed by ~* 1:00 Minute - STATIONARY JOG ( ON THE SPOT)