

*We all need healthy immune systems, but how do we keep ourselves healthy?
By staying active!*

This week you are going to learn and practice different exercises to build healthy immune systems. Here are ten exercises that help our bodies fight disease and stay strong.

1. Jumping Jacks
2. Stretching
3. Sit-ups
4. Push-ups
5. Planks
6. Cycling/Riding your bike
7. Jogging/Running
8. Skipping
9. Jump Rope/Hula Hoop
10. Step-ups

Pick 3 exercises to complete each physical education day. The time you should spend on each exercise will depend on which you choose. You should try to exercise for at least 20 minutes total. When you are finished with your exercises answer the questions below and record them in a notebook or journal with the date.

Kindergarten/Pre-K

How did you feel after completing your exercise for the day? Circle your answer



Tired



Happy/Accomplished



Piece of Cake/Could have worked harder

Grades 1-2

How did you feel after your workout?

Was your heart beating fast or slow?

Which exercise was your favorite?

Grades 3-6

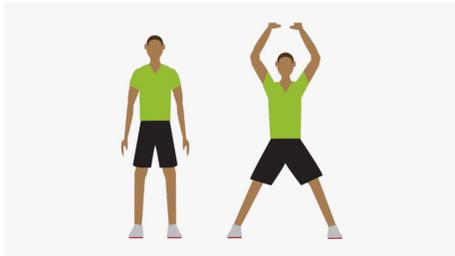
Was your heart rate faster when you started the exercise or when you completed the exercise?

Did you feel like you did well with your exercises today or could you have done better?

Were some exercises easier than others? Explain your answer

Exercises

Jumping Jacks



I

X

When performing your jumping jacks it could seem tricky but it's really quite easy once you get the hang of it. You start out as the letter I as seen in the picture above. Then you jump to spread your feet and hands apart like a letter x as seen in the photo. You then bring your hands and feet back together to look like the letter I and you continue this action for about 30 seconds to 1 minute at a time. If you choose to do jumping jacks set a goal. Try to complete 30 in 30 seconds. Do this 3 times with breaks in between.

Stretching



Stretching is not only to loosen your muscles before or after a workout. It can be a workout itself! It is a very mindful activity and really helps with flexibility!

A common stretch is to stand straight up then bend down and touch your toes. You should hold this stretch for 10 seconds. You can also do this stretch doing one leg at a time by separating your feet and bending down to one side. Do this three times for 15 to 20 seconds each.



Another common stretch involves your arms. It stretches your triceps. When stretching your triceps take one arm and put it straight over your head. Then bend your elbow and try to reach to touch the middle of your back. Use your opposite arm to hold your elbow to feel the stretch. Do not push too hard because you do not want the stretch to hurt. Do this three times for 15 to 20 seconds each.



Butterfly Stretch



The butterfly stretch should be held for about 20 seconds at a time. Sit down as if you were going to sit criss cross applesauce but stick the bottoms of your feet together. Make sure you are sitting up straight and do not slouch over. Slouching over will hurt your back. You can use your hands to hold your feet together. Do not bounce your knees while sitting in this position. Do this three times for 20 seconds each.

If you have access to a computer you can check out this yoga video with a close family member! If you complete the video you do not have to complete any other exercises today.

<https://www.youtube.com/watch?v=LhYtcadR9nw>

Sit-ups



When performing your sit-ups you can stick your two feet under a couch or chair if a close family member is not able to help you. Once you have a comfortable spot to perform your sit-ups you cross your arms in front of your body and lay flat on the floor. Use your core to bring yourself up from the ground. Once your elbows touch your knees you have gone up far enough. Then you continue slowly back down to the ground with your arms still crossed. Do not bend your head forward to help because this could cause neck pain. Complete 10 to 15 of these 3 times with breaks in between.

Push-ups

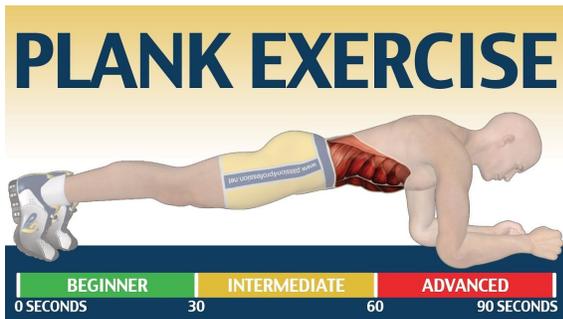


When performing your push-ups you put yourself in a plank position to start. You then let your elbows bend at a 90 degree angle (L Shape) to lower yourself closer to the ground. You do not want to touch the ground with your body. If you touch the ground with your body you went too far. Your chest should be about 5 inches from the . Once you lower yourself you push yourself back up in plank position. Do not bend your back while doing this activity because it could cause back pain. You should try to do 5 to 10 of these three times with breaks in between. If performing them on the floor is difficult you can perform them with your knees touching the ground.



If this is too difficult you can try them on the wall.

Planks



Planks are a great exercise to strengthen your core! When performing the plank you hold your body up as shown in the picture. The longer you can hold your plank, the stronger your core will be. If it is too difficult to hold yourself using your elbows as shown in the photo, you can hold yourself up as if you were going to do a push-up.



Cycling/Riding your bike



Riding your bike is a great cardiovascular activity. It helps the strongest muscle in your body. Your heart! If you are able to ride your bike with a close family member, take a nice stroll for about 20 minutes. If you are able to ride your bike for 20 minutes with a close family member you do not have to perform any other exercises today. Make sure to wear your helmet!

Jogging/Running



Jogging and running are also great cardiovascular exercises. The more you do it the longer you will be able to do it. Try to jog for 2 minutes. See how you feel after two minutes. If you feel like you can jog longer try to jog for 2 more minutes. If it seems too difficult to go on for longer take a break to catch your breath and perform a different exercise. If you are able to get a whole 10 minutes of running in you only have to perform 1 other exercise today.

Skipping



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This exercise may seem easy to some, but difficult for others. When you skip you should start out as if you are walking. While taking a step you hop on one foot. After hopping on one foot, you switch to the other foot. While trying it out you can say step, hop, step, hop. If you want to skip around you should try to do it for a total of 10 minutes throughout the day. If you choose to skip around you only have to choose one other exercise to do today.

Jump Rope/Hula Hoop



Jump rope is a great activity to get your heart pumping. It can get tiring quickly. If you can try to jump rope for about 10 minutes. You also do not need a jump rope to jump rope. You can jump in place. If you choose to jump rope you only have to choose one other exercise today.

