



# EAGLE MOUNTAIN SAGINAW ISD

*Fostering a Culture of Excellence*

April 7 Update:

Every campus is providing workouts and assessments for their physical education students. Please log onto your campus CANVAS learning platform. Teachers and coaches are also reaching out through SKYWARD and REMIND.

Students at home should continue their physical activity each day while at home.

Workout time 25-35 minutes

**Warm up: a light jog for 3- minutes**

Stretch: stretch large muscle groups and work on extending flexibility 3-5 minutes

**Monday -Wednesday and Friday--20 minutes**

Strength Training: choose from a variety of activities that may include but not limited to the following:

planking, push ups from knees or regular, burpees, sit ups, air squats or by using a chair.

Progression: 3 sets of 10 sit ups, 3 sets of 15 air squats, 2 sets of 10 burpees and push- ups building up to 5 properly performed push-ups moving toward 3 sets of 5 push ups.

**Tuesday and Thursdays--20 minutes**

Students should choose from a variety of activities that may include but not limited the following:

Jump ropes, off and on jogging, bicycling, skate boarding, playing basketball, playing catch with a friend or parent, walking on sidewalks or in city park.

Cool Down after each workout. Drink plenty of water, stretch large and small muscle groups and keep a log of activity and new goals.

Health Tips for the duration of the home work out is to Wash hands, read a book and participate in an online workout if capable.