



# EAGLE MOUNTAIN SAGINAW ISD

*Fostering a Culture of Excellence*

Through May 15th, 2020

Elementary students should continue to participate in activities sent by their campus PE Teacher. They have amazing opportunities for you !

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 Fridays--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.

**Tuesday and Thursdays--20 minutes----**See new rep progression.****

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: Stair step progression to your 80% max.

Example:

Do 1 rep of pushup—1 air squat, 1 burpee and one sit up. Then 2 reps of pushups- 2 airsquats, 2 burpees and 2 situps—Then 3 reps of each and then 4. Then 3 reps—then 2 reps—Then 1 rep.

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 make a mask out of an old T-shirt, reduce soda consumption and keep social distancing.