

**Activity: Fitness Workout**

**NYS Standards # 1 - 2**

**6<sup>th</sup> Grades Week 6**

**\*\* ASSIGNMENT AT THE BOTTOM OF THE WORKOUT PAGE \*\***

**Warm-Ups**

Jump rope 2 minutes, then do the following stretches before each daily work-out.

**Chest Stretch:** <https://www.youtube.com/watch?v=BXVTnO8Rxjk>

**Upper Back Stretch:**

**Shoulder Stretch:**

**Side Bends:**

**Inverted hurdle:** <https://www.youtube.com/watch?v=IrZbhqp4CPw>

**Calf Stretch:**

**Butterfly Stretch:** <https://www.youtube.com/watch?v=rdxD3POKbV8>

\*\*\*\*\*

**MONDAY:**

**20 Jumping Jacks**

**20 Second Run in Place**

**20 Push-Ups**

**20 Seconds Run in Place**

**20 Butt Kicks**

**20 Bell Hops (forward and back)**

**10 Squat Thrust**

**20 Bell Hops (forward and back)**

**20 Curl-Ups**

**10 Minutes Jump-Rope**

**Warm Down:** Pick a few stretches, and stretch down. Spend about 10 minutes warming down.

**TUESDAY:**

**15 Squat Thrust**

**15 Second Skip in Place**

**15 Push-Ups**

**15 Second Skip in Place**

**15 Curl-Ups**

**15 Ski Jumps (side to side)**

**15 Jumping Jacks**

**15 Ski Jumps (side to side)**

**15 Butt Kicks**

**5 Minute Jump Rope**

**Warm Down:** Pick a few stretches, and stretch down. Spend about 10 minutes warming down.

### WEDNESDAY:

20 Jumping Jacks

20 Second Run in Place

20 Push-Ups

20 Seconds Run in Place

20 Butt Kicks

20 Bell Hops (forward and back)

10 Squat Thrust

20 Bell Hops (forward and back)

20 Curl-Ups

10 Minutes Jump-Rope

Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.

### THURSDAY:

15 Squat Thrust

15 Second Skip in Place

15 Push-Ups

15 Second Skip in Place

15 Curl-Ups

15 Ski Jumps (side to side)

15 Jumping Jacks

15 Ski Jumps (side to side)

15 Butt Kicks

5 Minute Jump Rope

Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.

### FRIDAY:

20 Jumping Jacks

20 Second Run in Place

20 Push-Ups

20 Seconds Run in Place

20 Butt Kicks

20 Bell Hops (forward and back)

10 Squat Thrust

20 Bell Hops (forward and back)

20 Curl-Ups

10 Minutes Jump-Rope

Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.

**Assignment:** What did you like about the first workout? How long did it take to finish the first workout?

EMAIL YOUR ANSWERS TO [rdcostanzo@nmfschools.net](mailto:rdcostanzo@nmfschools.net)