

Activity: Fitness Workout

NYS Standards # 1 – 2 – 3 - 4

6th Grade Week of 5/18-5/22

**** 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:

50 Jumping Jacks

50 Second Run in Place

25 Push-Ups

50 Seconds Run in Place

50 Butt Kicks

25 Bell Hops (forward and back)

20 Squat Thrust

25 Bell Hops (forward and back)

30 Curl-Ups

10 Minutes Jump-Rope

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

TUESDAY:

25 Squat Thrust

60 Second Skip in Place

30 Push-Ups

60 Second Skip in Place

35 Curl-Ups

30 Ski Jumps (side to side)

75 Jumping Jacks

30 Ski Jumps (side to side)

75 Butt Kicks

5 Minute Jump Rope

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

WEDNESDAY:

50 Jumping Jacks

50 Second Run in Place

25 Push-Ups

50 Seconds Run in Place

50 Butt Kicks

25 Bell Hops (forward and back)

20 Squat Thrust

25 Bell Hops (forward and back)

30 Curl-Ups

10 Minutes Jump-Rope

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

THURSDAY:

25 Squat Thrust

60 Second Skip in Place

30 Push-Ups

60 Second Skip in Place

35 Curl-Ups

30 Ski Jumps (side to side)

75 Jumping Jacks

30 Ski Jumps (side to side)

75 Butt Kicks

5 Minute Jump Rope

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

FRIDAY:

50 Jumping Jacks

50 Second Run in Place

25 Push-Ups

50 Seconds Run in Place

50 Butt Kicks

25 Bell Hops (forward and back)

20 Squat Thrust

25 Bell Hops (forward and back)

30 Curl-Ups

10 Minutes Jump-Rope

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

Assignment: How long did it take you to complete your workouts on Monday and Friday? How long did it take to finish the workouts on Tuesday and Thursday?

EMAIL YOUR ANSWERS TO rdcostanzo@nmfschools.net