

Activity: Fitness Workout

NYS Standards # 1 - 2

6th Grade -- Week 5

**** 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