

Workout Kinder-1st-2nd grade May 4-8				
Physical Activities Weekly Activity Log				
What to do	Effort	1st workout	2nd workout	minutes per week
Warm up:	Moderate	10 min	10 min	20 min
1. Joints rotations.	Moderate to vigorous			
2. Shoulders stretching				
3. One arm rotations				
4. Both Arms rotation				
5. Push up holds				
6. Squats				
7. High Knees running				
8. Jumps spinning				
9. Jumping jacks				
10. Jogging in place				
Freeze Dance		5 min	5 min	10 min
Simon says (game)	Moderate	5 min	5min	10min
Walking slowly.	Light	10 min	10 min	20 min
total:		30 min	30 min	60 min

Procedures for Warm-up activities:

1. The student is going to rotate the following joints: Neck, Shoulders, Elbows, Wrists, Hip, Knees and ankles. (8-10 rep each joint).
2. Stretching of both sholders: Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder. (hold until you count 10)
3. One arm rotations: Make circles with one arm forward and backward (10 rep)
4. Arms rotations: Make circles with both arms forward and backward (10 rep)
5. Push up holds (top). Set up at the top of a push up with your feet together and your hands under your shoulders but outside your chest. (count until 10)
6. Squats: Stand with your face facing forward and your chest held up and out Sit back and down like you're sitting into an imaginary chair. ...(10 rep)
7. High Knees running: Rise the knees high while running in place (15 rep)
- 8.jumps spinning: Jump as high as you can and a spin in the air before land.(5r)

9. Jumping jacks: jumping to a position with the legs spread wide and the hands touching overhead. (25 rep)

10. Jogging in place: Counting until 60 while jogging.

Take around 2 minutes break between each "moderate to vigorous" level exercises.