

Workout Kinder-1st-2nd grade May 18-22				
Physiact Activities Weekly Activity Log				
What to do	Effort	1st workout	2nd workout	minutes per week
Warm up: 1. Joints rotations. 2. Shoulders stretching 3. One arm rotations 4. Both Arms rotation 5. Squats 6. Crossover jacks. 7. Basic jacks. 8. Jumps spinning 9. Jogging in place	Moderate Moderate to vigorous	15 min	15 min	30 min
Cha-Cha Dance	Moderate	5 min	5 min	10 min
Simon says (game)	Moderate	5min	5 min	10min
Freeze Dance	Moderate	5 min	5 min	10 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 shoulders: 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. Squats: Stand with your face facing forward and your chest held up and out

Two Jumping jacks variations:

- Jumping jacks are full-body movements that also get your blood pumping.
6. Crossover jacks: (15 rep)
Simultaneously cross your arms in front of your chest and jump up just enough to cross your right leg in front of your left. Without pausing, quickly reverse the motion and return to the starting position. Repeat, crossing your

left leg in front of your right.

7. Basic jacks: (15 rep)

Start standing up with your legs together, a slight bend in knees, and hands resting on thighs. Keeping the knees bent, open the arms and legs out to the sides. Arms come above the head and legs wider than shoulders. Close your arms and legs back to your sides, returning to your start.

8. jumps spinning: Set up a stand up position, open your legs and bend your knees a little bit. Jump up just enough to make a complete spin in the air, land in at the starting position..(5rep)

9. Jogging in place: Counting until 60 while jogging in place slowly.

All the exercises will be explained and demonstrated during the PE meeting.