

Home Instruction Plan for All Physical Education Classes - Bowe School

Week 1:

	Monday	Tuesday	Wednesday	Thursday	Friday
Duration	Activity	Activity	Activity	Activity	Activity
10 Seconds	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes
10 Seconds	Arm Circles	Arm Circles	Arm Circles	Arm Circles	Arm Circles
	Do 1 Sit-Up every time you watch a commercial on TV/Or 5 at the end of TV Show or Movie	Do 1 Push-up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie	Do 1 Sit-Up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie	Do 1 Push-up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie	Do 1 Sit-Up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie
30 min	Your choice of any cardio exercises throughout the entire day (jump rope, jogging in place, Jumping Jacks, shooting hoops etc.)	Your choice of any cardio exercises throughout the entire day (jump rope, jogging in place, Jumping Jacks, shooting hoops etc.)	Your choice of any cardio exercises throughout the entire day (jump rope, jogging in place, Jumping Jacks, shooting hoops etc.)	Your choice of any cardio exercises throughout the entire day (jump rope, jogging in place, Jumping Jacks, shooting hoops etc.)	Your choice of any cardio exercises throughout the entire day (jump rope, jogging in place, Jumping Jacks, shooting hoops etc.)

Week 2:

	Monday	Tuesday	Wednesday	Thursday	Friday
Duration	Activity	Activity	Activity	Activity	Activity
10 Seconds	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes
10 Seconds	Butterfly Stretch	Butterfly Stretch	Butterfly Stretch	Butterfly Stretch	Butterfly Stretch
10	Push-ups (Concentrate on form)	Push-ups (Concentrate on form)	Push-ups (Concentrate on form)	Push-ups (Concentrate on form)	Push-ups (Concentrate on form)
10	Sit-ups (Concentrate on Form)	Sit-ups (Concentrate on Form)	Sit-ups (Concentrate on Form)	Sit-ups (Concentrate on Form)	Sit-ups (Concentrate on Form)
30 min	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Duration	Activity	Activity	Activity	Activity	Activity
10 Seconds	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes	Sit on the floor with legs straight and reach for your toes
10 Seconds	Quad Stretch (Hold 1 leg up, pull behind you and stand on the other leg)	Quad Stretch (Hold 1 leg up, pull behind you and stand on the other leg)	Quad Stretch (Hold 1 leg up, pull behind you and stand on the other leg)	Quad Stretch (Hold 1 leg up, pull behind you and stand on the other leg)	Quad Stretch (Hold 1 leg up, pull behind you and stand on the other leg)
5 min.	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member
5 min.	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member
10 min (Take breaks as needed)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)
30 min	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice of cardio (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Duration	Activity	Activity	Activity	Activity	Activity
10 Seconds	Sit on the floor with legs straight and reach for toes	Sit on the floor with legs straight and reach for toes	Sit on the floor with legs straight and reach for toes	Sit on the floor with legs straight and reach for toes	Sit on the floor with legs straight and reach for toes
10 Seconds	Quad Stretch (See Table Above)	Quad Stretch (See Table Above)	Quad Stretch (See Table Above)	Quad Stretch (See Table Above)	Quad Stretch (See Table Above)
5 min.	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member	Underhand throw with a baseball or ball that is the size of a baseball with a family member
5 min.	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member	Overhand throw with a baseball or ball that is the size of a baseball with a family member
10 min (Take breaks as needed)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)	Place 2 objects apart from each other to use as bases and run back and forth between them (no more than 35 feet max but do what you can)
	Do 1 Sit-Up every time you watch a commercial on TV/Or 5 at the end of TV Show or Movie	Do 1 Push-up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie	Do 1 Sit-Up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie	Do 1 Push-up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie	Do 1 Sit-Up every time you watch a commercial on TV/ Or 5 at the end of TV Show or Movie
20 min	Your choice (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)	Your choice (Dancing, walking, jogging, riding a bike, skateboard, helping with supervised housework)

