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

Week 2	2:
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	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	toes	toes	toes	toes
10 Seconds	Butterfly	Butterfly	Butterfly Stretch	Butterfly	Butterfly
	Stretch	Stretch		Stretch	Stretch
10	Push-ups	Push-ups	Push-ups	Push-ups	Push-ups
	(Concentrate on				
	form)	form)	form)	form)	form)
10	Sit-ups	Sit-ups	Sit-ups	Sit-ups	Sit-ups
	(Concentrate on				
	Form)	Form)	Form)	Form)	Form)
30 min	Your choice of				
	cardio (Dancing,				
	walking,	walking,	walking, jogging,	walking,	walking,
	jogging, riding a	jogging, riding a	riding a bike,	jogging, riding a	jogging, riding a
	bike,	bike,	skateboard,	bike,	bike,
	skateboard,	skateboard,	helping with	skateboard,	skateboard,
	helping with	helping with	supervised	helping with	helping with
	supervised	supervised	housework)	supervised	supervised
	housework)	housework)		housework)	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	toes	toes	toes	toes
10 Seconds	Quad Stretch				
	(Hold 1 leg up,				
	pull behind you				
	and stand on				
	the other leg)				
5 min.	Underhand	Underhand	Underhand	Underhand	Underhand
	throw with a				
	baseball or ball				
	that is the size				
	of a baseball				
	with a family				
	member	member	member	member	member
5 min.	Overhand	Overhand	Overhand throw	Overhand throw	Overhand
	throw with a	throw with a	with a baseball	with a baseball	throw with a
	baseball or ball	baseball or ball	or ball that is	or ball that is	baseball or ball
	that is the size	that is the size	the size of a	the size of a	that is the size
	of a baseball	of a baseball	baseball with a	baseball with a	of a baseball
	with a family	with a family	family member	family member	with a family
	member	member	,	,	member
10 min (Take	Place 2 objects				
breaks as	apart from each				
needed)	other to use as				
	bases and run				
	back and forth				
	between them				
	(no more than				
	35 feet max but				
	do what you				
	can)	can)	can)	can)	can)
30 min	Your choice of				
	cardio (Dancing,				
	walking,	walking,	walking, jogging,	walking,	walking,
	jogging, riding a	jogging, riding a	riding a bike,	jogging, riding a	jogging, riding a
	bike,	bike,	skateboard,	bike,	bike,
	skateboard,	skateboard,	helping with	skateboard,	skateboard,
	helping with	helping with	supervised	helping with	helping with
	supervised	supervised	housework)	supervised	supervised
	housework)	housework)		housework)	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				
10 Seconds	Quad Stretch				
	(See Table				
	Above)	Above)	Above)	Above)	Above)
5 min.	Underhand	Underhand	Underhand	Underhand	Underhand
	throw with a				
	baseball or ball				
	that is the size				
	of a baseball				
	with a family				
	member	member	member	member	member
5 min.	Overhand	Overhand	Overhand throw	Overhand throw	Overhand
	throw with a	throw with a	with a baseball	with a baseball	throw with a
	baseball or ball	baseball or ball	or ball that is	or ball that is	baseball or ball
	that is the size	that is the size	the size of a	the size of a	that is the size
	of a baseball	of a baseball	baseball with a	baseball with a	of a baseball
	with a family	with a family	family member	family member	with a family
	member	member			member
10 min (Take	Place 2 objects				
breaks as	apart from each				
needed)	other to use as				
	bases and run				
	back and forth				
	between them				
	(no more than				
	35 feet max but				
	do what you				
	can)	can)	can)	can)	can)
	Do 1 Sit-Up	Do 1 Push-up	Do 1 Sit-Up	Do 1 Push-up	Do 1 Sit-Up
	every time you				
	watch a				
	commercial on				
	TV/Or 5 at the	TV/ Or 5 at the	TV/ Or 5 at the	TV/ Or 5 at the	TV/ Or 5 at the
	end of TV Show				
	or Movie				
20 min	Your choice				
	(Dancing,	(Dancing,	(Dancing,	(Dancing,	(Dancing,
	walking,	walking,	walking, jogging,	walking,	walking,
	jogging, riding a	jogging, riding a	riding a bike,	jogging, riding a	jogging, riding a
	bike,	bike,	skateboard,	bike,	bike,
	skateboard,	skateboard,	helping with	skateboard,	skateboard,
	helping with	helping with	supervised	helping with	helping with
	supervised	supervised	housework)	supervised	supervised
	housework)	housework)		housework)	housework)