

Physical Education

Week 1

Track & Field

Muscular Exercises

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Muscular Exercises

Directions

Part 1 Directions (Slides 3-13)

1. Always start with a Dynamic Stretch Warm-up before you start Muscular Exercise Rotation

Part 2 Directions (Slide 14-30)

1. Pick 5 Muscular Exercises {Yellow Slides} and complete 10-Repetitions per exercise.
2. Do this for a total of 3 rotations

Part 3 Directions (Slides 31-34)

1. End your circuit workout with a Static Stretch Cool-Down

Part 4 Directions (Slides 35)

1. Track your Minutes of Activity; template provided and email it to your Physical Education Teacher by Monday 8am.

Dynamic Stretching Warm-Up

Dynamic Stretching

Warm-Up

What is Dynamic Stretching?

- Dynamic stretching is active stretching, stretching during controlled movements.

Why this type of stretching technique?

- It is able to increase blood flow, increase the range of motion, increase your awareness of your joint position, and improve your performance.
- Dynamic stretches focuses on many different muscle groups at one time.



Dynamic Stretching Warm-Up

**Effectively Implement this
Warm-Up by:**

- ❖ Selecting 3 to 4 leaders to initiate dynamic stretching exercises.
- ❖ Multiple lines can be made depending on the number of students and leaders.



Dynamic Stretching Warm-Up

Let's Get Started:

- Walk one behind the other
- Make sure there is enough space for movement.
- Check your shoes and make sure they are tied.



Move into a 3-5 Minute JOG



Knee Tuck: Walking

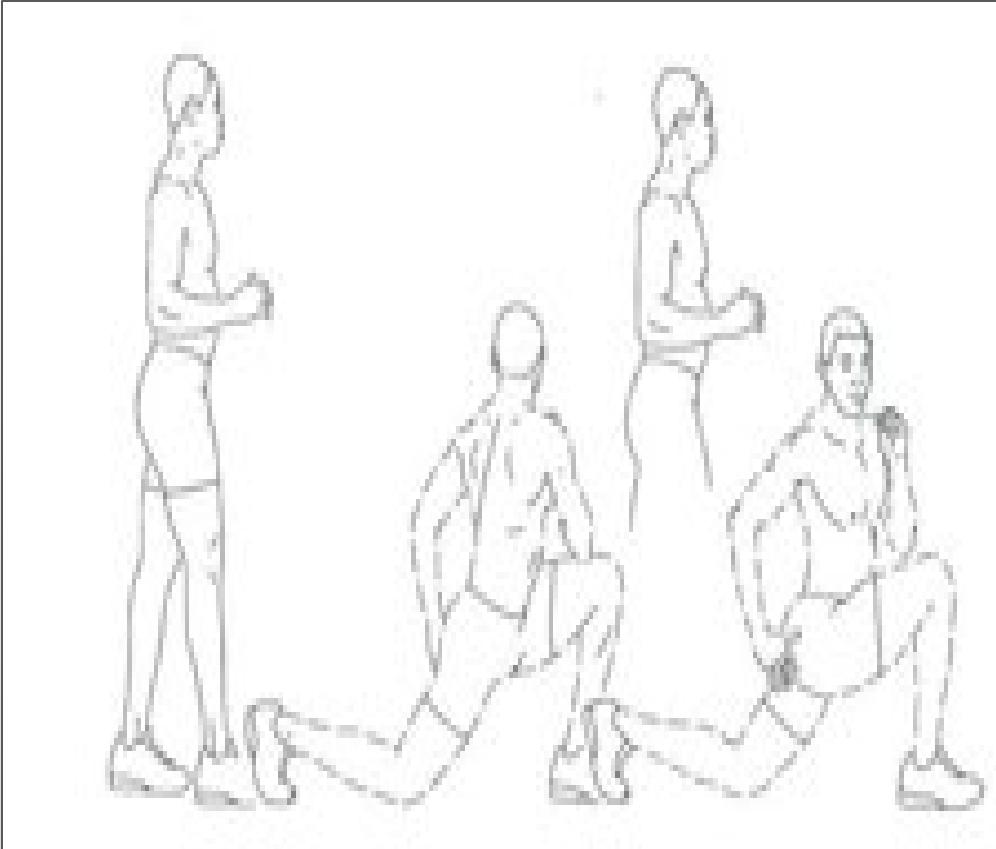
- Stand on balls of feet. Head and chest up. Lift one knee up. Clasp leg, pull to chest. Toe up, foot parallel to ground.
- Step forward with raised leg and repeat exercise with the other leg. Continue in the same direction.
- Left then right is one repetition. Perform 15 repetitions.



Stretches the hips/quads, hamstrings and calves.

Lunge Walk with Twist

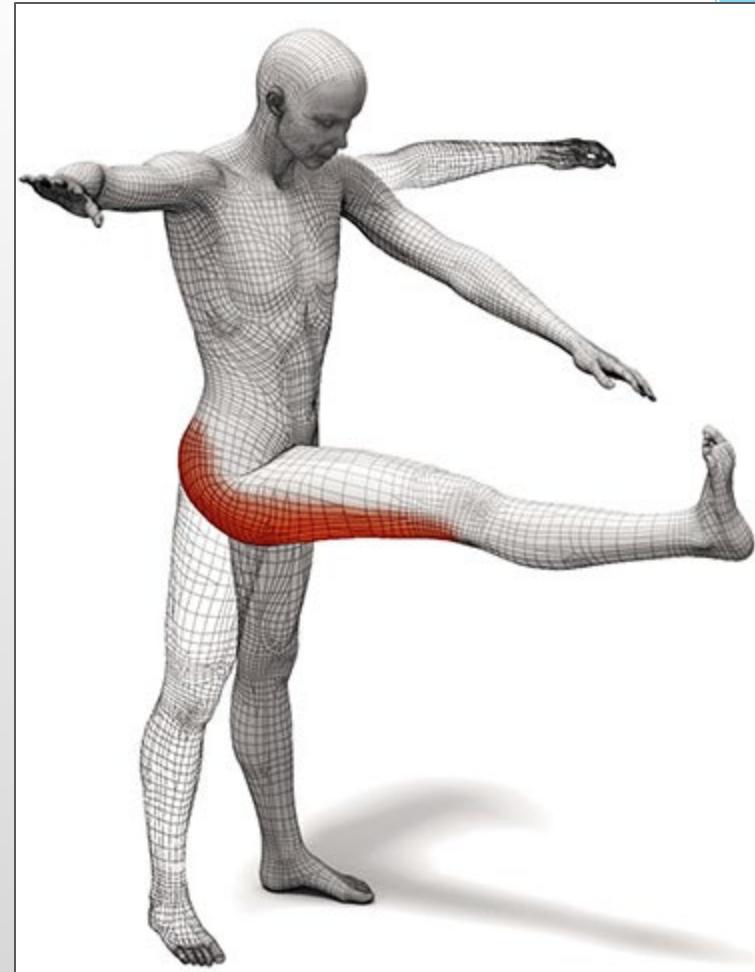
- Forward walking lunge, twist torso away from extended leg.
- Left then right is one repetition. Perform 15 repetitions.



Stretches the quads, glutes, and core.

Straight-Leg March

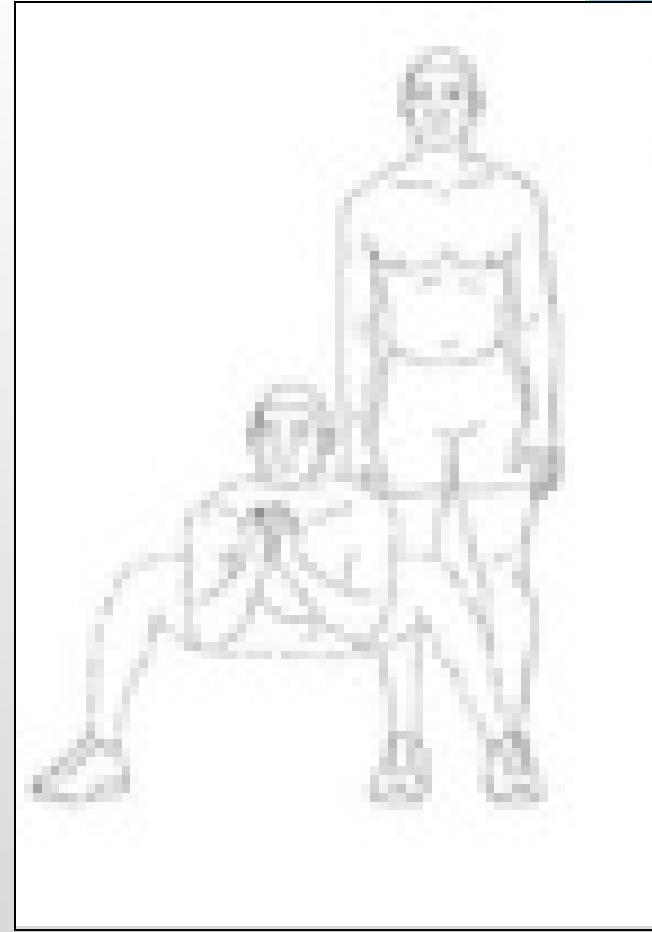
- kick one leg straight out in front, with the toes flexed and pointed straight up;
- reach the opposite arm to the upturned toes;
- drop the leg and repeat with the opposite leg and arm
- repeat sequence at least 6 or 7 times
- Make sure to follow your Leader



Stretches the hamstrings, gluteus, shoulders, and traps muscles

Side Step with Squat

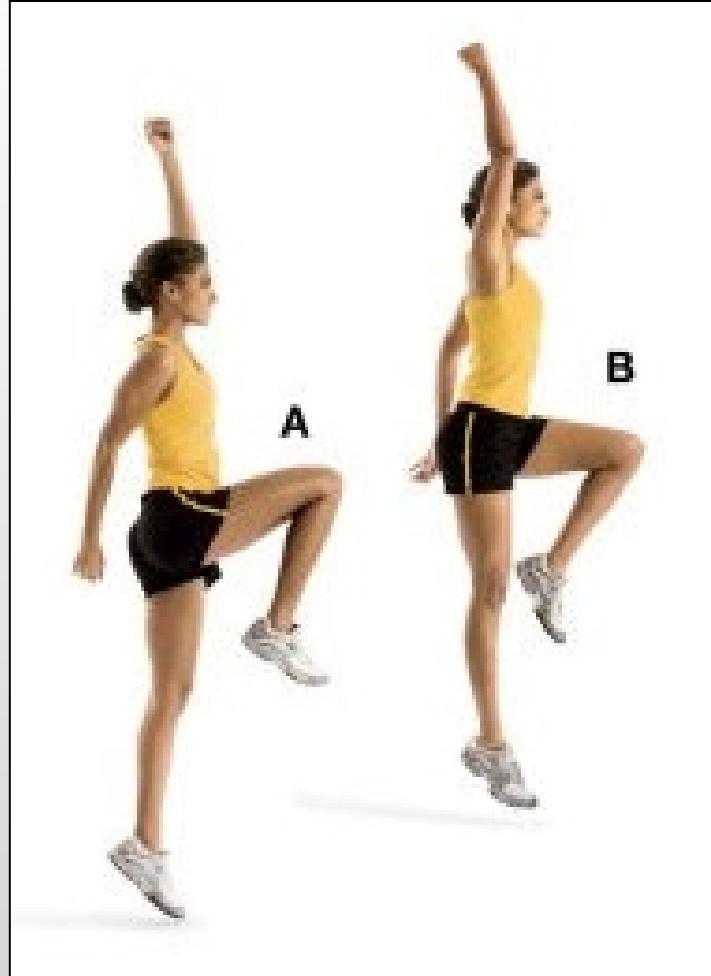
- Start in athletic stance. Side step Right and drop hips. Head and chest up, shin vertical. Lunge foot pointing forward. Lift from hips and back to standing position.
- Repeat in walking motion in same direction.
- Left then right is one repetition. Perform 10 repetitions.



Stretches the groin, lower back, calves, and glutes.

High Knees Skip

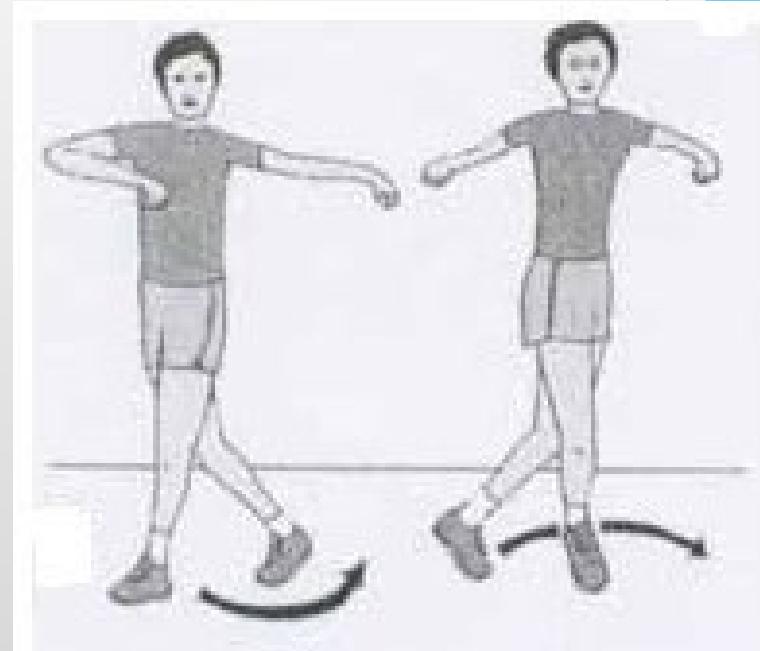
- Stand straight with the feet hip width apart, looking straight ahead and arms hanging down by your side
- Jump from one foot to the other at the same time lifting your knees as high as possible, hip height is advisable
- The arms should be following the motion
- Touch the ground with the balls of your feet and repeat



Stretches the quadriceps, gastrocnemius, soleus, gluteus maximus, rectus abdominis, hamstrings, abductors, adductors, tibialis anterior.

GRAPEVINE/ KAROKE

- Step your right foot out to the right so that your feet are a little wider than hip-width apart.
- Pick up your left foot and step behind your right foot so that your legs are crossed in this position with your right foot in front and your left foot behind it.
- Step your right foot to the right again, uncrossing your stance.
- Bring your left foot to meet your right foot so that you are in the starting position.
- Now repeat the move to the left, leading with your left foot.



Stretches the hip flexors, chest, core, and lower body.

Muscular Strength Exercise Cards

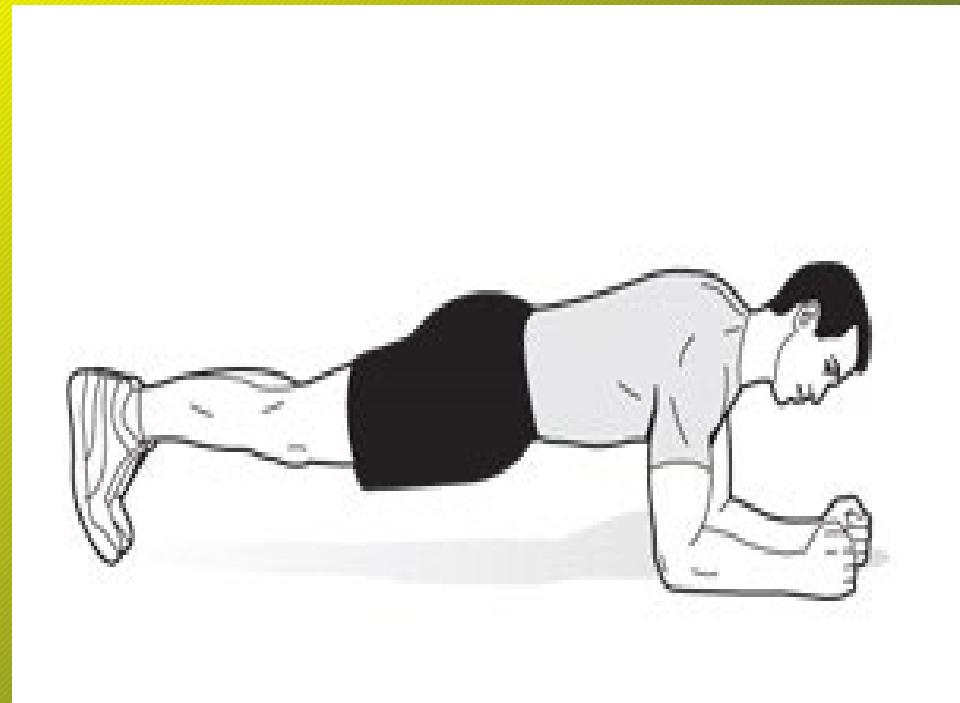
Track & Field

Plank

Lie on the floor, hands clasped in front of you roughly under your forehead, toes tucked under.

Press up to balance on your forearms and toes. Pull your abs in so your lower back does not sag and your hips do not drop.

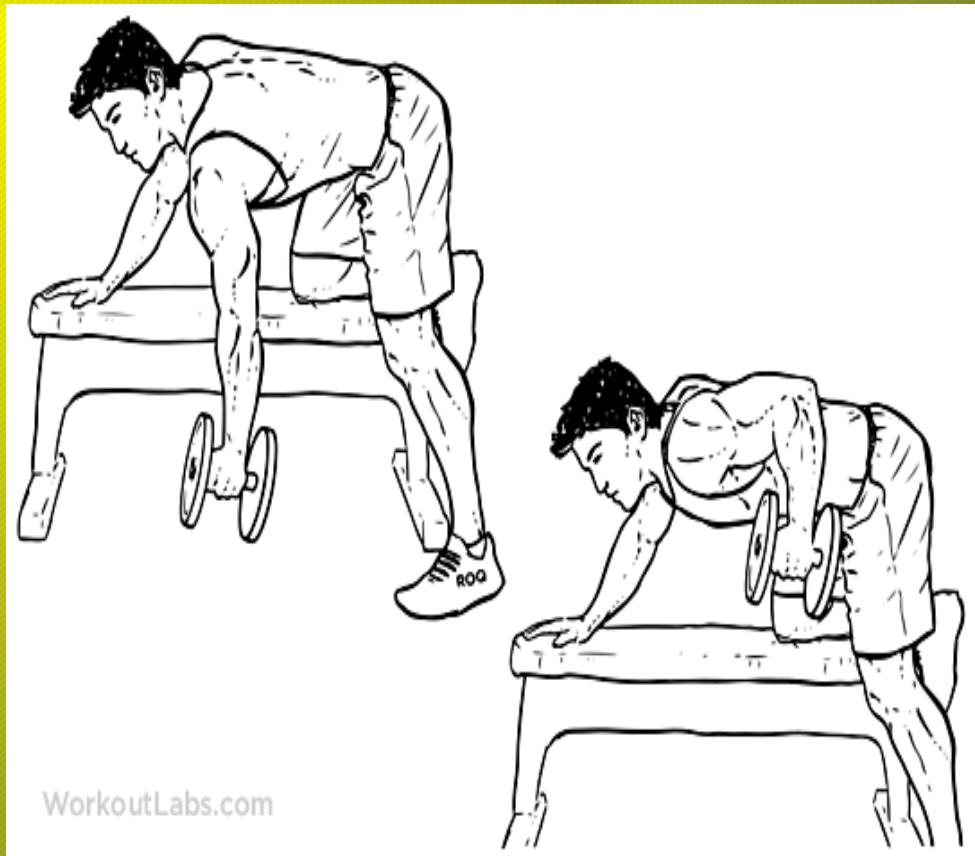
Focus on keeping your torso straight and your abs pulled in to support you. Hold for 10 counts.



One Arm Row

Stand to the left of a chair, feet hip-width apart. Hold a dumbbell in your right hand with your palm facing in. Pull your abdominals in and bend forward from the hips so your back has a slight arch and you are roughly parallel to the floor, knees slightly bent.

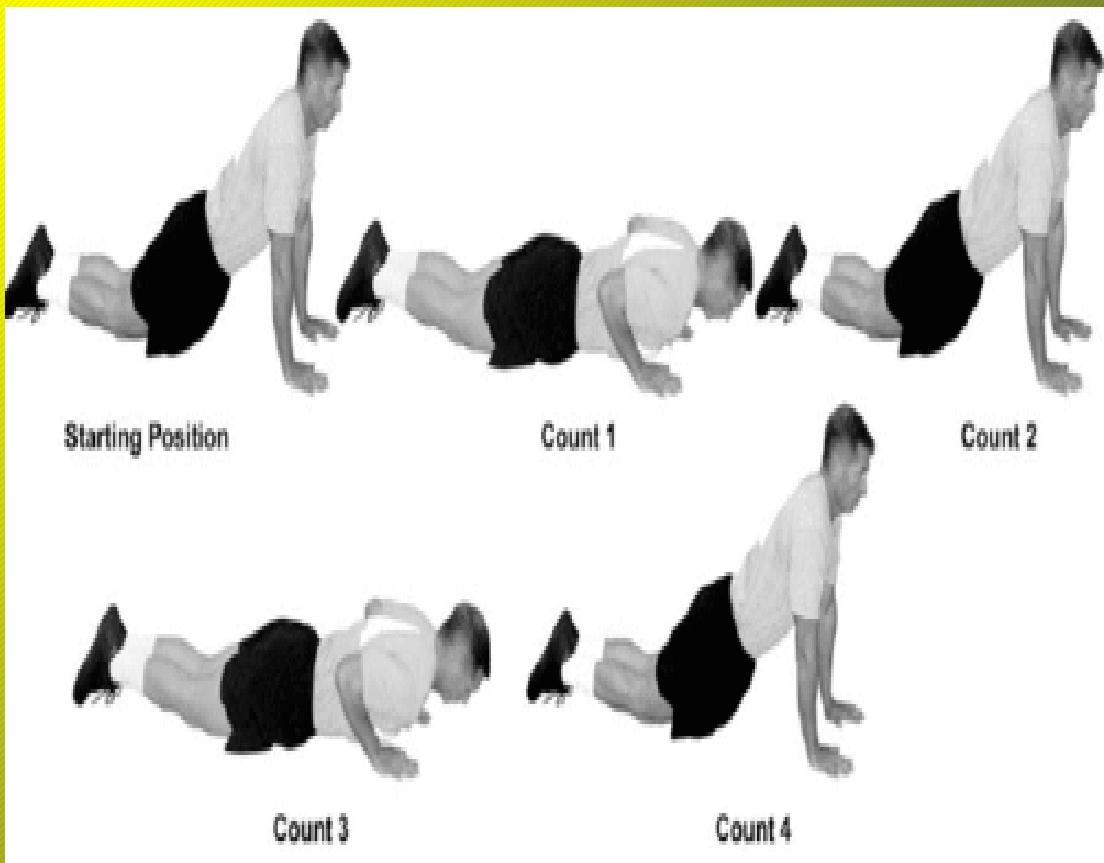
Put your left hand on the chair's seat for balance. Tilt your chin toward your chest so your neck is in line with the rest of your spine. Your right hand will be in front of your right shin. Pull your right arm up along the side of your body until your elbow points to the ceiling and your hand brushes against your waist. Slowly lower the weight back down. Complete the reps, then switch sides.



Modified Push Up

3

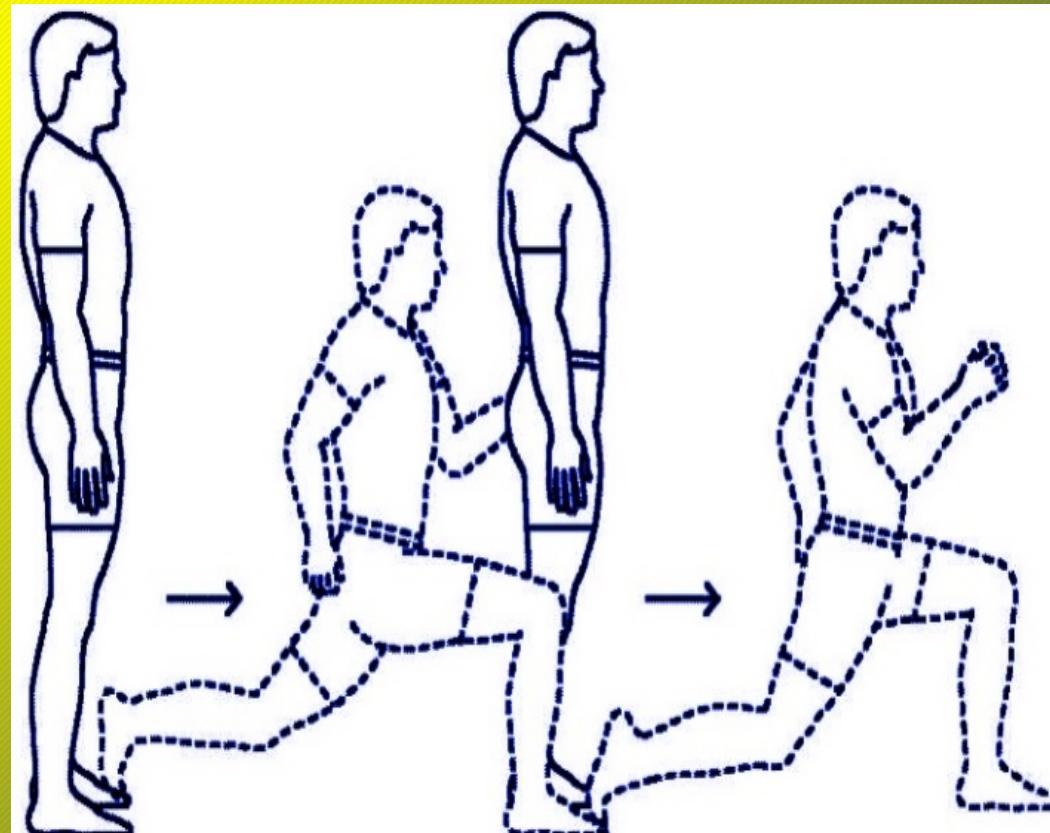
Lie on your stomach, knees bent and ankles crossed. Place your palms on the floor a bit to the side and in front of your shoulders. Tuck your chin a few inches into your chest so your forehead faces the floor. Straighten your arms and lift your body so you are balanced on your palms and knees, abdominals tight. Be careful not to lock your elbows. Bend your elbows and lower your entire body at once. Rather than trying to touch your chest to the floor, lower just until your upper arms are parallel to the floor. Push back up.



Forward Walking Lunges

4

Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle. Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side. This completes two reps.



Side Planks

5

Lie on your right side, in a straight line from head to feet, resting on your forearm. Your elbow should be directly under your shoulder. With your abdominals gently contracted, lift your hips off the floor, maintaining the line. Keep your hips square and your neck in line with your spine. Hold 20 to 40 seconds and lower. Repeat two to three times, alternating sides. (If this is too challenging, start with bent knees.)



Hip Bridge

Lie on your back, feet flat and hip-width apart, arms relaxed, and knees bent. Squeeze your buttocks as you lift your hips, creating a straight line from the knees to the shoulders. Hold for a slow count of two, then lower slowly. Build up to 10 to 12 repetitions.



Bird Dog

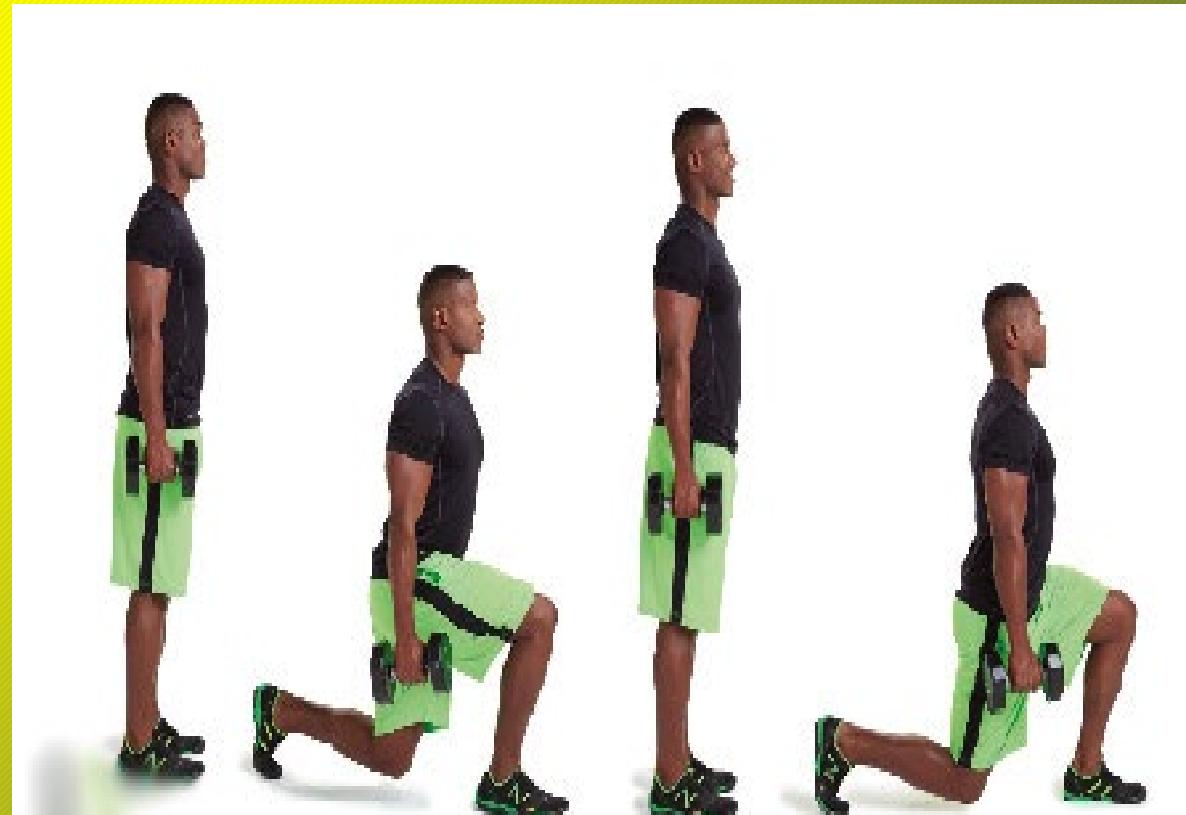
Begin on all fours, knees hip-width apart and under the hips, hands flat and shoulder-width apart. Squeeze your abs by pulling belly toward spine. Keep the spine neutral, without arching the back or rotating the hips, and extend your right leg back and your left arm straight ahead. Hold for two to three seconds or as long as you can maintain form. Repeat five to six times on each side.



Dumbbell Lunges

8

Stand with dumbbells grasped to sides. Lunge forward with first leg. Land on heel, then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by forcibly extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.



Stationary Lunges

9

To begin stand with your feet next to each other. Your feet should be about hip width apart. Take a large step back with your left foot. Be careful not to place your left foot directly behind your right foot (you should maintain the same distance between your feet width wise that you established when your feet were next to each other).

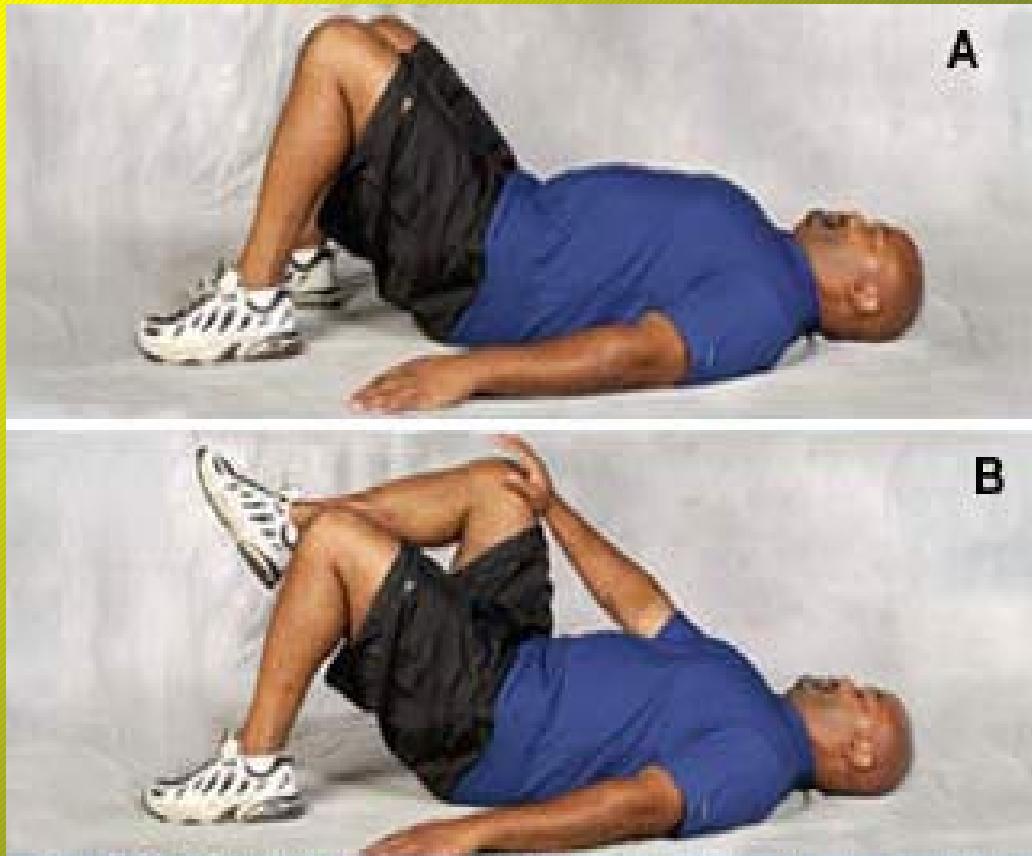
This is the Start Position. From this position lower yourself to the Finish Position. It is important to keep your torso upright (perpendicular to the floor), and lower your hips and shoulders straight down. Avoid rocking forward. Lower yourself until your front thigh is parallel to the floor. Your back knee should not touch the floor. Exhale as you return to the Start Position. The majority of your weight should be on your front heel as you press directly into the floor with your front foot to return to the Start Position. Your feet should remain in place (split stance position) throughout the entire set. Repeat with your left foot forward.



Single Leg Abdominal Press

10

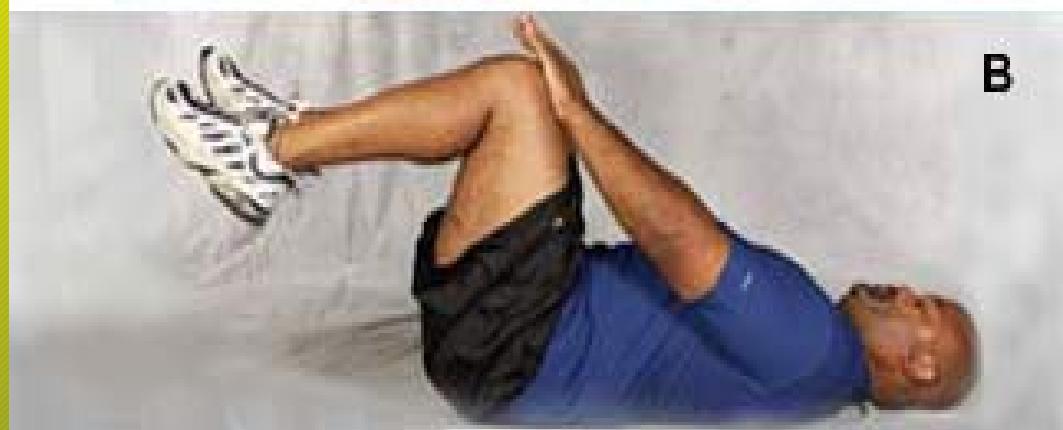
Lie on your back with your knees bent (A). Keep your back in a neutral position, not arched and not pressed into the floor. Avoid tilting your hips. Tighten your abdominal muscles. Raise your right leg off the floor so that your knee and hip are bent at 90-degree angles. Rest your right hand on top of your right knee (B) Push your hand against your knee while using your abdominal muscles to pull your knee toward your hand. Keep your arm straight. Hold for three deep breaths. Return to the start position and repeat using your left hand and left knee.



Double-Leg Press

Lie on your back with your knees bent (A). Keep your back in a neutral position, not arched and not pressed into the floor.

Avoid tilting your hips. Tighten your abdominal muscles. Raise your legs off the floor, one at a time, so that your knees and hips are bent at 90-degree angles. Rest your hands on top of your knees (B). Push your hands against your knees while using your abdominal muscles to pull your knees toward your hands. Keep your arms straight. Hold for three deep breaths. Return to the start position and repeat.

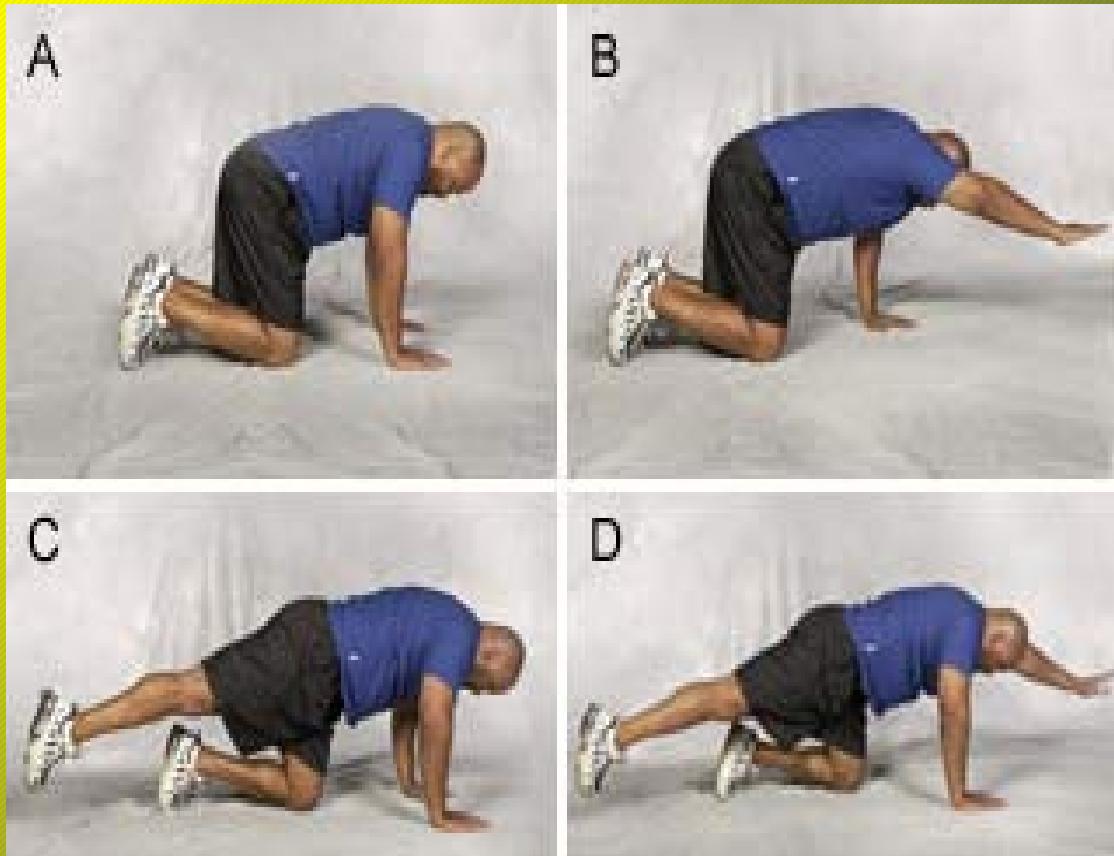


Lie on your back with your knees bent and your back in a neutral position. Tighten your abdominal muscles. Keeping your shoulders on the floor, let your knees fall slowly to the left (A). Go only as far as is comfortable. You should feel a stretch, but not pain. Hold for three deep breaths. Return to the start position. Repeat the exercise to the right (B).



Quadruped

Start on your hands and knees. Place your hands directly below your shoulders, and align your head and neck with your back (A). Tighten your abdominal muscles. Raise your right arm off the floor and reach ahead (B). Hold for three deep breaths. Lower your right arm and repeat with your left arm. Raise your right leg off the floor (C). Tighten your trunk muscles for balance. Hold for three deep breaths. Lower your right leg and repeat with your left leg. For added challenge, raise your left arm and your right leg at the same time (D). Repeat with your right arm and left leg.



Plank Press

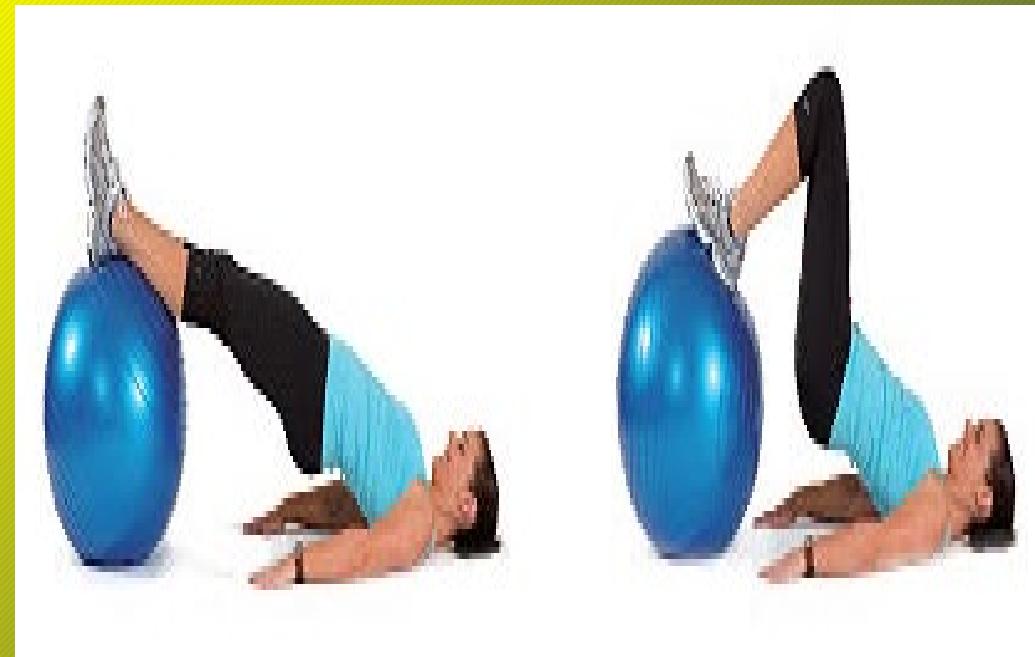
Place dumbbells at top of mat, then get into full push-up position with arms shoulder-width apart and hands directly under shoulders; step feet out slightly wider than shoulder-width. Keeping hips level, lift right hand and pick up one dumbbell; drive right elbow backward at shoulder level, keeping arm close to side and palm facing down.



Stability Ball Leg Curls

15

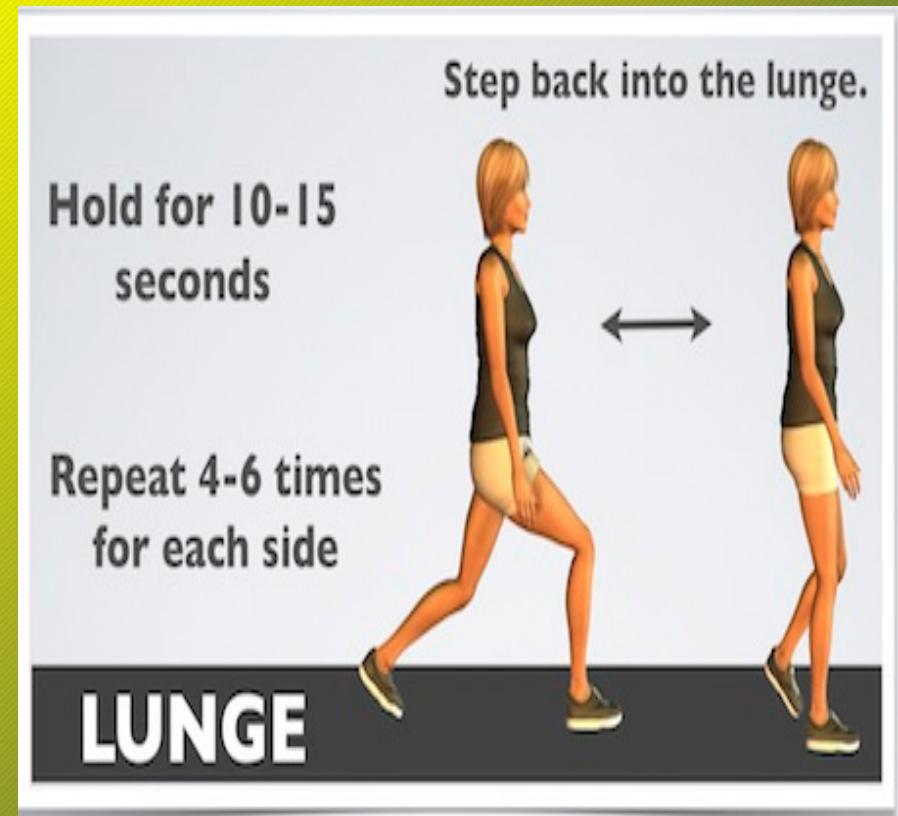
Lie supine on floor with lower legs on exercise ball. Extended arms out to sides. Straighten low back, knees, and hips, raising back and hips off of floor. Keeping hips and low back straight, bend knees, pulling heels toward rear end. Allow feet to rollup on to ball. Lower to original position by straightening knees. Repeat.



Step Back Lunge

16

Stand straight and contracting your core muscles. Lift your left foot off the floor and step backward. Bend your right knee to form a 90 degree angle between your thigh and calf, while lowering your left knee toward the floor. Push yourself upward with your thigh muscles and return back to the starting position.



Static Stretching

Cool-Down

Static Stretching Cool-Down

What is Static Stretching?

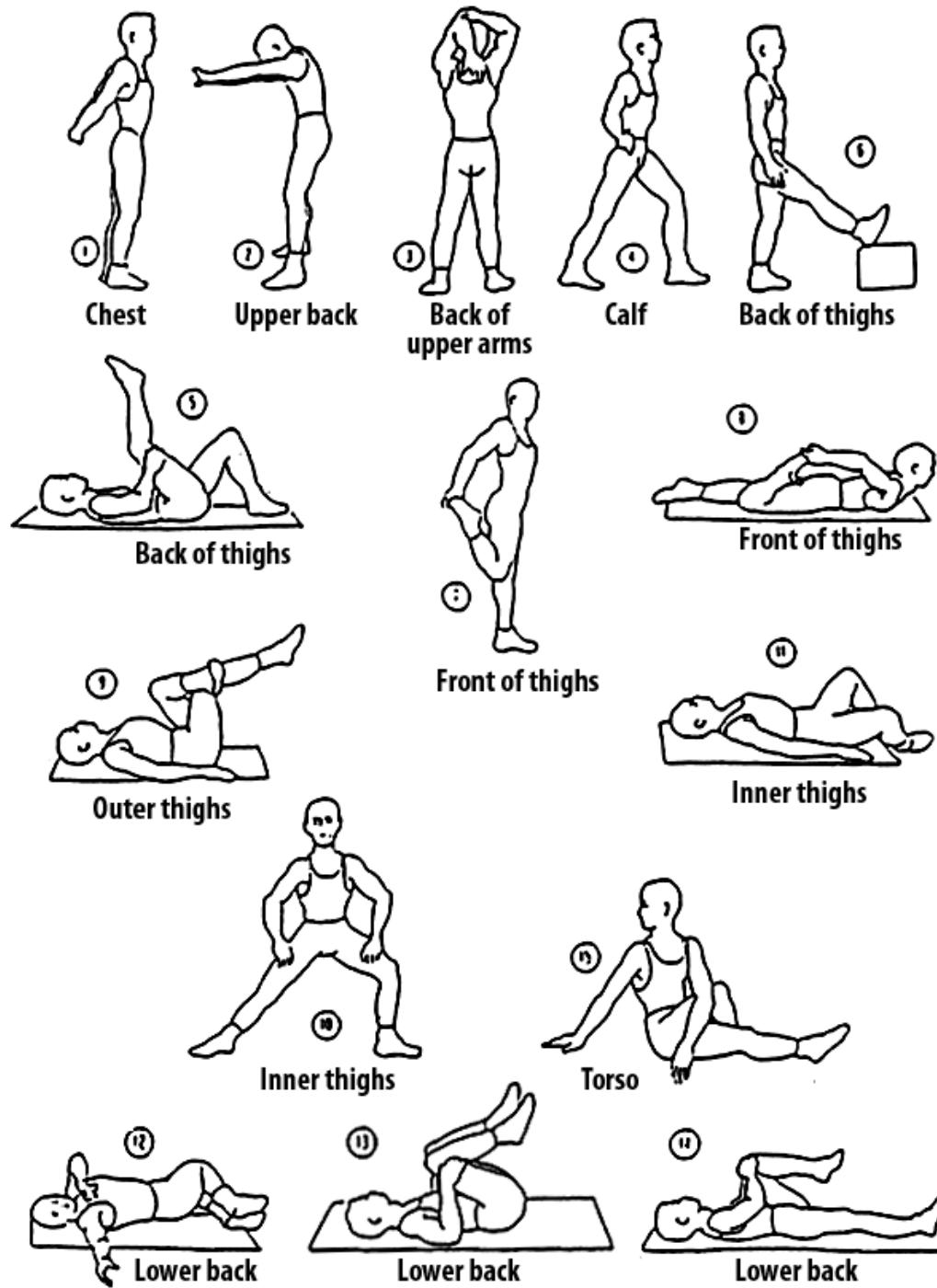
- Static Stretching are gentle stretches where you hold a position for 30 seconds or more, stretching a number of different muscle groups.

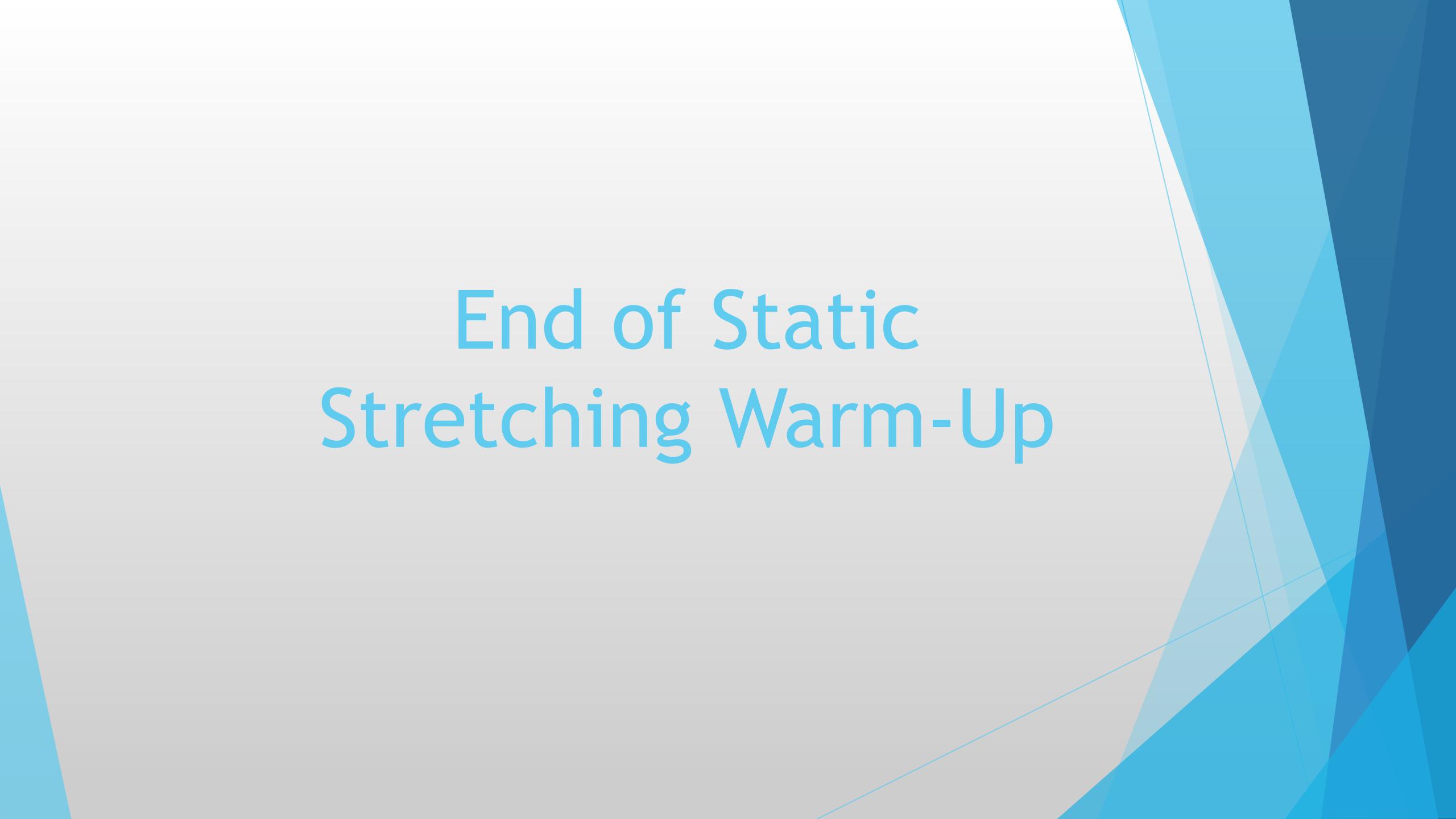
Why this type of stretching technique?

- These stretches at the end of the workout have still been shown to improve your muscle interactions and should be done to maintain range of motion and keep the muscle tissue healthy.



Examples of Static Stretching



The background features a minimalist design with a light gray base. Overlaid on the right side are several thin, semi-transparent blue lines forming a triangular shape. The lines transition from light blue at the top to dark blue at the bottom. The overall aesthetic is clean and modern.

End of Static Stretching Warm-Up

ACTIVITY LOG

LOG YOUR ACTIVE MINUTES FOR THE WEEK

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAILY ACTIVE MINUTES					
TOTAL WEEKLY ACTIVE MINUTES: _____					

Tips to a Successful Workout

- ▶ Drink plenty of water, and have it available throughout
- ▶ Be sure to eat (Healthy) snack or meal before and after to maintain energy
- ▶ Invite a friend for example through (Face Time or Snap-Chat Video) to join with you; compete or challenge one another.
- ▶ Wear proper workout attire; shoes, shorts and hat if outdoors
- ▶ Track Your Movement Time (**Slide 35**): note what time you started and when you have completed/stopped. Goal (60-Minutes a Day) minimum.