

Students should not stop exercising during this time of uncertainty. Coach Templeton and I are coming up with things to help you stay physically fit, whether you're at home or at school. Staying active is very important. You should try and exercise 3 to 5 times a week for a least 20 minutes. The state of Texas wants you to have at least 135 minutes of activity every week at school. We will give you several ideas of things that will help maintain what you have gained fitness wise in P.E. so that when school resumes we can pick up where we left off.

Thanks

Coach Templeton, Coach Wienecke

Week of 3/23- 3/27- Watch the following YouTube videos and do the workout with the instructor. You should also follow the stretches outlined in the following pages.

https://www.youtube.com/watch?v=L_A_HjHZxfI

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

ACTIVITIES THAT CAN BE DONE AT HOME:

- **RIDE YOUR BIKE AROUND THE BLOCK**
- **JOG/WALK/SKIP/GALLOP AROUND THE BLOCK**
- **JUMP ON TRAMPOLINE**
- **JUMP ROPE**
- **ROLLER SKATE/ROLLER BLADE**
- **JUMPING JACKS**
- **SCISSOR JUMPS**
- **CRISS CROSS JUMPS**
- **SIDE LATERAL SHUFFLES**
- **MOUNTAIN CLIMBERS**
- **JUMP OR HOP ON RIGHT FOOT**
- **JUMP OR HOP ON LEFT FOOT**
- **LEAP FROGS**
- **BEAR CRAWL**
- **CRAB WALK**
- **DUCK WALK**
- **SKIP**
- **GALLOP**
- **SWIMMING IF YOU HAVE ACCESS TO A POOL**

STATIC STRETCHES

- FEET TOGETHER-15-20seconds
- RIGHT OVER LEFT-15-20seconds
- LEFT OVER RIGHT-15-20seconds
- FEET APART/RIGHT LEG-15-20seconds
- FEET APART/LEFT LEG-15-20seconds
- FEET APART/MIDDLE-15-20seconds
- RIGHT QUAD-15-20seconds
- LEFT QUAD-15-20seconds
- RIGHT GLUTE-15-20seconds
- LEFT GLUTE-15-20seconds
- FEET TOGETHER OUT STRAIGHT (ON THE FLOOR)-15-20seconds
- RIGHT HURDLER(ON THE FLOOR STRETCH)-15-20seconds
- LEFT HURDLER(ON THE FLOOR STRETCH)-15-20seconds
- BUTTER-FLY(ON THE FLOOR STRETCH)-15-20seconds
- SIT-UPS-(10/20/30/40/50) build up
- PUSH-UPS-(5/7/10/12) build up
- ROMAN SOLDIERS-(25/35/45 seconds) build up
- PLANK-(25/35/45 seconds) build up
- PLANK PUSH-UPS-(5/10/15) build up

DYNAMIC STRETCHES

1. POWER SKIPS
2. HIGH KNEES
3. BUTT KICKS
4. A-SKIP
5. HIGH KICKS
6. RDL'S (RAISE DAT LEG)
7. KNEE HUGGERS
8. HEEL TO BUTT
9. SCOOPS/BOW DOWNS
10. FRANKENSTEIN
11. SIDE SHUFFLES
12. BEAR CRAWL/CRAB WALK
13. LUNGES FORWARDS
14. LUNGES BACKWARDS
15. HOP ON RIGHT FOOT ONLY
16. HOP ON LEFT FOOT ONLY

ENDURANCE JOG/WALK:

JOG FOR 3 MINUTES/WALK FOR 2 MINUTES

JOG FOR 4 MINUTES/WALK FOR 3 MINUTES

JOG FOR 5 MINUTES/WALK FOR 4 MINUTES

AB-N-BACK EXERCISES

- SUPERMAN-15
- RIGHT ARM/RIGHT LEG-15
- LEFT ARM/LEFT LEG-15
- RIGHT ARM/LEFT LEG-15
- LEFT ARM/RIGHT LEG-15
- BACK CRUNCHES-15
- SIT-UPS-30
- CRUNCHES-15
- PENGUINS/WINDSHIELD WIPERS-15
- ROLLIE POLLIES-15
- V-UPS/KILLERS-15
- SIT-N-REACH-15
- PATRICK'S-20
- FLUTTER/SWIMMERS LEGS/SCISSOR KICKS-30seconds
- RUSSIAN TWISTS/BULLDOG TWISTS-30seconds
- PUSH-UPS-10
- ROMAN SOLDIERS-30seconds
- PLANK-30seconds
- RIGHT SIDE PLANK-30seconds
- LEFT SIDE PLANK-30seconds
- PLANK PUSH-UPS—5
- BEAR CRAWL HOLD-30seconds

MASS BASKETBALL BALL HANDLING/DRIBBLING DRILLS:

- **RIGHT HAND DRIBBLE (WAIST HIGH/KNEE HIGH)**
- **LEFT HAND DRIBBLE (WAIST HIGH/KNEE HIGH)**
- **BALL CIRCLES LEFT LEG**
- **DRIBBLE BALL CIRCLES LEFT LEG**
- **BALL CIRCLES RIGHT LEG**
- **DRIBBLE BALL CIRCLES RIGHT LEG**
- **FIGURE 8**
- **DRIBBLE FIGURE 8**
- **POUND/POUND/POUND CROSSOVER DRIBBLE**
- **2 BALL DRIBBLE/MACHINE GUN SAME TIME**
- **2 BALL DRIBBLE/MACHINE GUN ALTERNATE**

MASS ADVANCED BALL HANDLING/DRIBBLING DRILLS:

- **RIGHT HAND/ LEFT TO RIGHT/SIDE TO SIDE**
- **LEFT HAND/ LEFT TO RIGHT/SIDE TO SIDE**
- **RIGHT HAND/FRONT TO BACK/PUSH-PULL**
- **LEFT HAND/ FRONT TO BACK/ PUSH-PULL**
- **2 BALL DRIBBLE/LEFT TO RIGHT/SIDE TO SIDE**
- **2 BALL DRIBBLE/FRONT TO BACK/PUSH-PULL**
- **2 BALL DRIBBLE/IN AND OUT**
- **2 BALL DRIBBLE/DOUBLE CROSSOVER**