

P.E. Spring Packet - HAMPTON / SHAUL

Each week, students must be active every day for at least 30 minutes. Here is a plan to follow to make sure students can get their physical activity needed each day.

1. Start with a 4-6 minute Tabata routine. This is choosing 4 exercises, completing 2 cycles of each one of them for 20 seconds with a 10 second rest in between.
 - A. Students can go to YouTube, type in “4-minute Tabata routine” and perform the exercises shown in that video
 - B. <https://www.youtube.com/watch?v=j5UlwGnBEA>
 - C. <https://www.youtube.com/watch?v=zBohPnhGE34>
 - D. <https://www.youtube.com/watch?v=7wUwv5le96s>
 - E. <https://www.youtube.com/watch?v=x7DNAZEi7iQ>
 - F. <https://www.youtube.com/watch?v=vnLChprRPSc>
 - G. <https://www.youtube.com/watch?v=jrf4Bb-WH5E>

 - H. If students do not have access to the internet, here are some Tabata exercises that can be plugged into the formula above. (All of these have already been instructed multiple times during P.E. classes). Push-up, Sit-ups, Reverse Crunch, Leg Lifts, Leg raises, Burpees, Mountain climbers, Side Plank, Traveling Plank, V-sit

2. Try to engage in at least 30 minutes of activity per day.
 - A. This would include activities such as running, biking, skateboarding, playing catch, throwing frisbee, go for walk, kickball, playing basketball, playing tag, cleaning house, etc.