

Lesson Plans April 20th-May 1st, 2020-CAVALLARO

WEEK #1 and WEEK #2

Kimball High School Core 9 Physical Education and Weight Training classes. Students will be required to do 30 minutes a day or more of moderate to vigorous physical activity. If you choose, I have enclosed some weight training workouts you can do at home at the end of this document. The students will be required to fill out an activity log of their weekly activities. Students will be required to turn in their 2-week Activity Log #1 Monday May 4th by 3:30pm and 2-week Activity Log #2 Monday May 18th by 3:30pm.

The activity logs will address the following California standards.

- 1.1.2 Demonstrate independent learning of movement skills.
- 2.1 Participate in moderate to vigorous physical activity at least four days each week.
- 2.2 Participate in enjoyable and challenging physical activities that develop and maintain the five components of physical fitness.

Please fill out the type of workout you did for each day you worked out and the minutes (duration) you worked out. Students will turn the first required activity log electronically to pcavallaro@tusd.net by Monday May 4th before 3:30pm. The second activity log will be required on Monday May 18th by 3:30pm. You can submit your activity log on the attached link:

https://forms.office.com/Pages/ResponsePage.aspx?id=kVRKOZsr1UGSDZXiiUv-YrA0t_ufqAZ0IkiEUj9H0r5UQU5PWVJCVzZCQjUwQzVNWUVTTIQ1QkxYNI4u

OR

If you are submitting a hard copy, the link doesn't work etc. You can submit by email. You can also take a photo of your log and email it. The following document heading/Activity Log will be required when submitting your activity log.
Document Heading/Activity Log (This is an example of what should be emailed to me at the end of week #2).

Student Name: _____

Teacher Name: Cavallaro

Class Name/Subject: Weight Training PE (or) Core 9 PE

Period: _____

Activity Log #1 (April 20-May 2-300 minutes or more) (or) Activity Log #2 (May 4-May 15-300 minutes or more)

4/20/20 Completed 20 minutes of jogging and completed Vinny Workout#1 30 minutes-Total minutes: 50

4/21/20 walked briskly 10 minutes, played basketball 15 minutes-Total minutes: 25

4/23/20 yoga video 30 minutes-Total 30 minutes

4/26/20 Vinny Workout #2-Total minutes: 45

Examples of Physical Activity:

Cardio: Walking, jogging, treadmill, cycling, cardio videos, basketball, etc.

Strength: KHS Work-outs #1-#20 "Altamont Performance Lab-Vinny 😊", Push-ups, sit-ups, squats, lunges, weight lifting, pull-ups

Flexibility: Stretching, Karate, yoga, etc.

Online Apps: Search Fitness-there are many to choose from

Nutrition/Fitness tracking: My Fitness Pal

Weight Training Classes: I have included Work-Outs #1-#20. These are programmed by Vinny Pelillo to assist in continuing your current level of fitness. They are challenging. Almost every lift/exercise we have done in class this year. If you cannot remember, most examples are easily looked up online and you can always modify your workouts to suit your needs. Several of you are already working out on your own and have your own programs. This is great. Your requirement is to perform 300 minutes of any activity of your choosing. Stay Healthy.

Kimball High School Weight Training-Pam Cavallaro

Work-Outs programed by Vinny Pelillo

2 weeks (10 work outs). I suggest you read through the daily work-out before you begin, modify where you need to, get all your equipment set up if you have it, google any of the movements you might not remember. If you have been inactive you will be sore. Make sure to stretch and roll out if possible after. Modify the following day if needed. Hydrate.

(Work-Out #1)

Warm-Up: Jumping Jacks 2 minutes

Work-Out: (complete 5 sets with 1-2-minute rest in between)

- 1.Body Weight Squats x25
- 2.Push-Ups x20
- 3.High Knees in place: x30 seconds
- 4.Elbow Plank x30 seconds

(Work-Out #2)

Warm Up: 2-3 Minutes Dynamic Warm-Up (10-20 feet area: Knee Grabs, Leg Swings, High Knees, Broad Jump, Lateral Shuffles)

Work-Out: (Complete 4 sets with 1-2-minute rest in between)

- 1.Walking Lunges 3 x10/leg
- 2.Bear Crawl 3 x10 feet
- 3.Glut Bridge 3 x20
- 4.Dead Bug 3 x20

Finisher: Childs Pose x30 seconds and Samson Stretch x30 seconds each leg

(Work-Out #3)

Warm-Up: 1 minute Jumping Jacks, 5 push-ups, 6 body weight squats, 7 walkouts, 8 jump squats, 9 second squat hold (hold at bottom), 10 sit-ups. (Complete 1-2 times depending on how you feel.)

Work-Out:

- 1.Body weight step ups 4 x6/leg (use something sturdy)
- 2.Walkout to a pushup 4 x8 (walk out on hands, perform a push-up, then walk back up)
- 3.High Knees 3 x20 feet (10 feet out and 10 feet back)
- 4.Bird Dog 3 x20 (opposite arm and opposite leg extend count as 1 full rep, do 20 total)

Finisher: complete a 10-minute walk outside if you can. If not, do 5 sets of jumping jacks for 30 seconds on and 15 seconds off.

(Work-Out #4)

Warm Up: 2-3 Minutes Dynamic Warm-Up (10-20 feet area: Knee Grabs, Leg Swings, Bear Crawl, High Knees, Broad Jump, Lateral Shuffles, Butt Kickers)

Pre-Work-Out:

- 1.MAX repetition Bodyweight Squats in 1 minute (make sure to count and go to full depth)
2. Max hold Plank for as long as you can or 4-minute max.

Work-out:

- 1.Rear foot elevated split squat 3 x10/leg (use bench, coach, or chair)
- 2.Shoulder Taps 3 x20 (push-up position and alternate tapping the shoulders with the opposite hand)
- 3.Single Leg Glut Bridge 3 x15/leg
- 4.Side Plank 3 x30 seconds/side

FINISH: Go on a 20-minute walk then run thru some of your favorite stretches or yoga poses. Remember to hydrate, refuel and recover

(Work-Out #5)

Go on a 10-minute walk around the neighborhood THEN:

- 6 push-ups
- 7 jump squats

- 8 pushups
- 9 body weight squats
- 10 sit-ups
- 11 push-ups
- 12 reverse lunges

Pre-Work Out: Wall Sit for Max Time (not to exceed 5 minutes)

Work Out:

1. Body Weight Step-Ups 4 x10/leg
2. Tempo Push-Ups 4 x10 (3 second tempo while lowering to the ground then explosive on the way up)
3. Lateral Shuffles 4 x6 (give yourself enough distance to move left and right)
4. Plank Toe Taps 4 x20 (hold plank position, then alternate one foot tapping right to left)
5. Jump Squats 4 x10

Finisher: 10-20-minute walk

(Work Out #6)

Warm Up: 2 minutes of jumping jacks + :45 seconds of high knees in place, then rest :45 seconds, then repeat.

Workout: (This is a Circuit)-complete all movements 2 times with a rest between

1. Body weight Squats 3 x15
2. Push-ups 3 x12
3. Ski Jumps (Skater Jumps) 3 x20 (10 each leg)
4. Plank 3 x30

(Go thru all 4 movements without stopping. When done take a 1 minute break and repeat 1-4)

Finisher: Broad jumps 2 x5, close grip push-ups 2 x10, sit-ups 2 x15

When complete go on a walk 10-30 minutes.

(Work-Out #7)

Warm-Ups: Jump rope 2 x60 (if you don't have a jump rope perform forward and backward hops) butt kickers 2 x30 feet, High knees 2 x30 feet, glut bridge 2 x15, Superman 2 x15

Workout: (circuit)

1. Walking Lunges 3 x12/leg
2. Bear Crawls 3 x30 feet
3. Bent Over Backpack Rows 3 x20 (load a backpack and make it fairly heavy)
4. Dead Bug 3 x30 (15 each side, opposite arm/opposite leg)

Finisher: Jump Squat 4 x20, Side Plank 4 x 20 seconds/side, sprints 4 x15-20 yards-rest one minute between sprints. 10-30-minute walk.

(Work-Out #8)

Warm Ups: 1 minute of Jumping Jack's THEN

- 5 Pushups
- 6 Bodyweight Squats
- 7 Walkouts
- 8 Jump Squats
- 9 second Squat Hold (hold at the bottom of your squat)
- 10 Sit-Ups

*Do this Warm Up 1-2x depending on how you feel!

Workout

1. Bodyweight Step Ups 4x6/leg (you can use a planter box, a sturdy chair about knee high, bench, or anything strong enough to step on.)
2. Walkout to Pushup 4x8 (walk out on the hands, perform a pushup, then walk back up)
3. High Knees 3x20ft (perform high knees and go a total of 10 feet then go back)
4. Bird Dog 3x20 (opposite arm and opposite leg extended count as 1 full rep, do 20 total)

Finisher: Go on a 10 minute walk outside if you can. If not do 5 sets of Jumping Jack's for :30 ON and :15 OFF

(Work Out #9)

Warm Ups: 2-3 minutes of Dynamic Movements

(Knee Grabs, Leg Swings, Butt Kickers, Skip, Lateral Shuffles, Bear Crawl, Broad Jumps, etc.)

Pre-Workout:

1 MAX Repetition Bodyweight Squats in 1 minute (make sure to count and go FULL DEPTH) Did you beat last weeks number?

2.MAX Hold Plank (Forearm Plank for as long as you can) Better than last week?

a. REST 2-3 MINUTES ONCE ALL COMPLETE.

Workout

1.Rear Foot Elevated Split Squat 3x12/leg (Rear foot Elevated behind you, use a bench or chair or even your couch)

2.Shoulder Taps 3x30 (Get into pushup position and alternate tapping the shoulders with the opposite hand)

3.Single Leg Glute Bridge 3x20/leg

4.Side Plank 3x:30/side

Finisher: Go on a 20 minute walk then run thru some of your favorite stretches or yoga poses. Remember to hydrate, refuel and recover for the next day

(Work-Out #10)

WARM UP: 30 Minute Walk either Outdoor or Indoor depending on your at home options for my treadmill peeps or even bikes and rowers for 30 minutes is great.

RECOVERY

1.Childs Pose 3x:45 (really focus on deep breathing, push the palms through the ground and really feel the lats stretch & open up)

2.Single Leg Hip Thrust 3x15/leg (these can be done on the ground or extended on a bench)

3.Cat/Cow 3x:30 (hands and knees on the ground and remember shoulders over wrists and hips over knees)

4.Lacrosse Ball Anterior Shoulder/Pec Muscle 3x:30 (Place a lacrosse ball or baseball in between the front of the shoulder and a doorway or squat rack)

*WHEN YOU FINISH GO DO ANOTHER 15-20 OF YOUR CHOICE OF CARDIO EITHER INDOOR OR OUTDOOR