

Lesson Plans May 4th-May 15th, 2020-CAVALLARO
WEEK #3 and WEEK #4 (Week# 5 Question)

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 Week #3 and Week #4 Activity log by Monday May 18th by 3:30pm.

Week #5 Credit/Question: What are your summer fitness goals? If hard copy or emailing this is week #5 Question or #13 in survey/Activity Log.

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 18th before 3:30pm. Or You can submit your activity log on the attached link:

https://forms.office.com/Pages/ResponsePage.aspx?id=kVRKOZsr1UGSDZXiiUv-YrAQt_ufqAZOIkiEUj9H0r5URFIRTTgxSzU0VEY1R1dYR1hQTFI4RDNFOS4u

If you are submitting a hard copy, or the link doesn't work etc. Hard copies of student work for Week #3 and #4 will be collected May 15th. 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 if you do not complete Activity Log link).

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 #11-#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

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. Make sure to stretch and roll out if possible after. Modify the following day if needed. Hydrate.

Work Outs #11 - #20

Workout #11

Warm-Ups: Start with a 10-minute walk around your neighborhood or any cardio equipment you may have at home.

A. Bear Crawl 3x40ft

a. 20ft down, 20ft going back

B. Single Leg Hip Thrust 3x15/leg (Can be done from the floor or shoulders on a bench, couch)

Circuit:

1. Jump Squats 3x20

2. Scapular Pushup 3x15

3. Backpack Good Mornings 3x12

4. Dead Bug 3x20 (10 each direction)

5. SPRINTS 3x40 (march one foot in front of the other for 40 total paces)

a. GO THRU ALL 5 WITHOUT REST, THEN RECOVER 60 SECONDS BEFORE EACH NEW SET.

Finish: Stretch 5 minutes

Work-Out #12

Warm-Ups: 2.5 minutes of Jumping Jack's THEN:

50 seconds of High Knees + 5 Pushups + 10 Reverse Lunges (5 each leg) *This can be done 1-2x*

Circuit:

1. Squats 3x15 (this week add some weight! Use water jugs, a backpack, sandbag, or weights)

2. Plank Shoulder Taps 3x20 (start from a pushup, then alternate your taps)

3. Skater Jumps 3x30 (15 each leg)

4. Forearm Plank 3x:35

Finish: Broad Jumps 2x8 Bird-Dog 2x20

*Go on a 20-minute run/walk interval. Run 90 seconds then walk 30 seconds, repeat until 20 minutes.

Work-Out #13

Warm-Ups:

1. Jump Rope 2x70 (If you don't have a Jump rope then perform forwards & backwards Hops for the same rep count) 2. Butt-Kickers 2x35ft. (perform kickers for 35ft then go into next movement) 3. High Knees in Place (FAST) 2x20 4. Superman's 2x1

Circuit:

1. Walking Lunges 3x12/leg (add some weight this week. A backpack, water jugs, sandbag!)

2. Bear Crawl 3x35ft.

3. Bent Over Row 3x12 (load up a backpack, water jugs, paint cans, weights if you have them 4. Dead-Bug 3x30 (15 each way, opposite arm/leg)

Finish:

1. Side Plank 5x:20/side

2. 20 Second SPRINT x5

a. Complete both side planks then perform 20 second sprint, REST 30-45 seconds before starting another set of planks.

Work-Out #14

Warm Ups: Start with Jumping Jack's for 3 minutes THEN: 1x EACH

7 Pushups

8 Reverse Lunges (each leg)

9 Sit Ups

10 Jump Squats

11 second Squat HOLD (hold the bottom of squat)

12 Second SPRINT x2 (sprint then rest 20sec, go again.)

Circuit:

1. Step Ups 4x10/leg (use your sturdy chair, bench, box, planter box, even your staircase and ADD WEIGHT ANY WAY YOU CAN!)

2. Dips 4x15 (same surface as above)

3. Lateral Bounds 4x10 (5 to the right & left, focus on dip & drive and explode laterally with clean landing each rep)

4. Flutter Kicks 3x40 (lay on your back, hands can go under the butt, head down, then flutter the legs, 20 on each.)

Finish: 20-30-minute walk, bike ride, Row, Assault Bike, etc. Don't forget to stretch

Work-Out #15

Warm-Ups: 2-3 minutes of Dynamic Movement (Knee Grabs, Leg Swings, Butt Kicks, Skips, Lateral Shuffle, Bear Crawl, Broad Jumps)

Pre-Work-Out:

50 body weight squats for time (always full depth or they don't count)

90 second Forearm Plank

Work Out:

- 1.Rear Foot Elevated Split Squat 3 x15/leg
- 2.Plank Shoulder Taps 3/40 (20 taps each shoulder)
- 3.Single Leg Glute Bridge 3 x15/leg
- 4.Side Planks 3 x35 seconds/side

Finish: 30-minute walk, don't forget to hydrate and always stretch after workouts.

Work-Out #16

Warm-Ups: 3 minutes of Jumping Jacks or Jump rope, THEN,

20 seconds of fast high knees, 6 perfect push-ups, 12 jumping lunges, Rest after lunges and repeat.

Circuit:

- 1.Squats 4 x8 (use what you can find for added weight) very slow tempo
- 2.Plank Shoulder Taps 4 x20 (start in push-up position and alternate tapping opposite shoulder)
- 3.Skater Jumps 4 x20 (load and explode off single leg)
- Lying Tuck Crunches 4 x15 (on back, complete full sit-up finish in a tucked position with knees to chest)

Finish: Broad Jumps 3 x5, Bicep Curl 3 x10 (band, water jugs, weight, paint can, etc.) 20-30 minutes of cardio (bike, walk, jog, run, row)

Work-Out #17

Warm-Ups: Jump rope 2 x80 (if no rope do forward/backward hops), High Knees in place 2 x30, Lateral Shuffle 2 x12 (6 to the left and right), Superman's 2 x15

Work-Out:

- 1.Walking Lunges 4 x8 (add weight)
- 2.Bear Crawl 4 x40 feet (20 down then go back)
- 3.Bent Over Row 4 x8 (add weight: backpack etc.)
- 4.Deadbug 4 x20 (10 each direction)

Finish: 10-minute jog then a 10-minute recovery walk

Work-Out #18

Warm-Ups: Tabata Jumping Jacks (8 sets of 20 second ON and 10 seconds OFF)

Then: 1 set each of: 8 push-ups, 9 reverse lunges (each leg) 10 jump squats, 11 sit-ups, 12 second sprint, 13 sit-ups, 15 second sprint.

Circuit:

- 1.Step-Ups 4 x8/leg (add weight/backpack, paint cans, sand bag, bag of dog food)
- 2.Bodyweight Dips 4 x15-20 (high reps)
- 3.Lateral Bounds 4 x12 (6 each direction)
- 4.Flutter Kicks 4 x40 (20 each leg)

Go through all 4 movements (1-4) with minimal to no rest

Take 60-90 seconds of rest between rounds.

Finish: 20-minute walk

Work-Out #19

Active Recovery Day

- 1.Childs Pose 3 x:45 seconds (focus on deep breathing, push the palms to the ground and feel the lats stretch and open up.)
- 2.Couch Stretch 2 x 30 second-1-minute/leg
- 3.Cat/Cow 3 x 30 seconds (hands and knees on the ground and remember shoulders over wrists and hips over knees)
4. Ball Roll Anterior Shoulder/Pec Muscle 3 x 30 seconds (place a ball between shoulder and wall and roll)

Finish: Cardio-walk, rope, jog, bike etc. 15-20 minutes

Work-Out #20

Warm-Up: 10-minute walk to get the body warm and ready, then one round of:

8-push-ups, 9-reverse lunges (each leg), 10-sit-ups, 11-broad jumps, 12 second sprint x2 (rest 30 seconds between sprints)

Circuit: Go through all 4 movements with 1-2-minute rest before each new set

- 1.Rear foot elevated split squat 3 x8/leg
- 2.Standing overhead press 3 x10
- 3.Jumping Lunges 3 x10/leg
- 4.Forearm planks 3 x45 seconds

Finish: 8-minute jog then finish with a 10-minute walk.

