






# SPARK Assignments May 4-May 8, 2020

| Monday 5/4   | Tuesday 5/5   | Wednesday 5/6   | Thursday 5/7   | Friday 5/8   |
|--|---|---|--|--|
| <p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> <li>Question for thought</li> </ul> <p>Who is your favorite superhero and why?</p>  | <p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> <li>Question for thought.</li> </ul> <p>What superhero power do you wish you had?</p>  | <p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> <li>Question for thought.</li> </ul> <p>What do you want to be when you grow up?</p>   | <p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> <li>Question for thought.</li> </ul> <p>What is your favorite thing about at home school?</p>                                   | <p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> <li>Question for thought.</li> </ul> <p>What is your favorite thing about your home?</p>  |
| <b>Superhero Training!</b>   |   |   |  |  |
| <p><b>Workout:</b><br/>MAY THE 4<sup>TH</sup> BE WITH YOU</p> <p>COMPLETE STAR WARS WORKOUT.</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p> <p style="color: red;">Can you do more? Record any additional activities you participate in during the week.</p>  | <p><b>Workout:</b><br/>Hulk Workout!</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p>  | <p><b>Workout:</b><br/>Wonder Woman Workout!</p> <p>Music needed!<br/>And *TAKE BREAKS after each exercise and at any time IF NEEDED!</p>  | <p><b>Workout:</b><br/>Flash Workout!</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p>  | <p><b>Workout:</b><br/>Cat Woman Workout!</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p>  |

\*Don't forget to record your exercises on the activity log or on a separate sheet of paper. Thank you!

# Monday

## WORKOUT

PERFORM 10 OF EACH EXERCISE.

**SQUATS**

**TOE TOUCHES**

**ARM CIRCLES**

**RUN IN PLACE**



**WALK BACKWARDS**

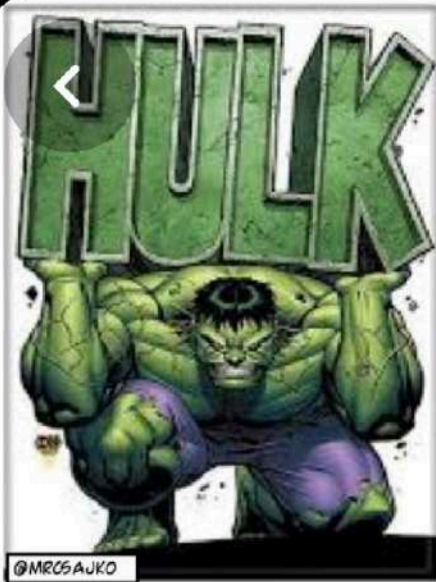
**ARMS OVERHEAD**

**REVERSE JUMPS**

**STOMP FEET**



# Tuesday



# WARM-UP



PUSH UP POSITION:  
30 SECONDS



SQUAT POSITION: 20  
SECONDS



FLEX



PUSH UP POSITION:  
35 SECONDS



15 SQUAT JUMPS

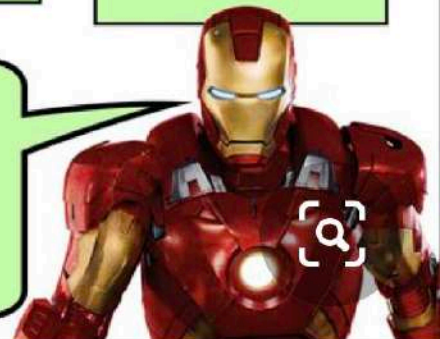


FLEX



PLANK POSITION:  
15 SECONDS

LET'S CRUSH  
THIS WARM-UP 2  
MORE TIMES!



# Wednesday



**WONDER WOMAN**  
**AMAZON TRAINING**

#1  **JOG IN PLACE TO 50 COUNT**

#2  **CRAB WALK FOR 30 COUNT**

#3  **DO 20 SLOW SQUATS**

#4  **HOLD A PLANK FOR 30 COUNT**

#5  **DO 15 SQUAT JUMPS**

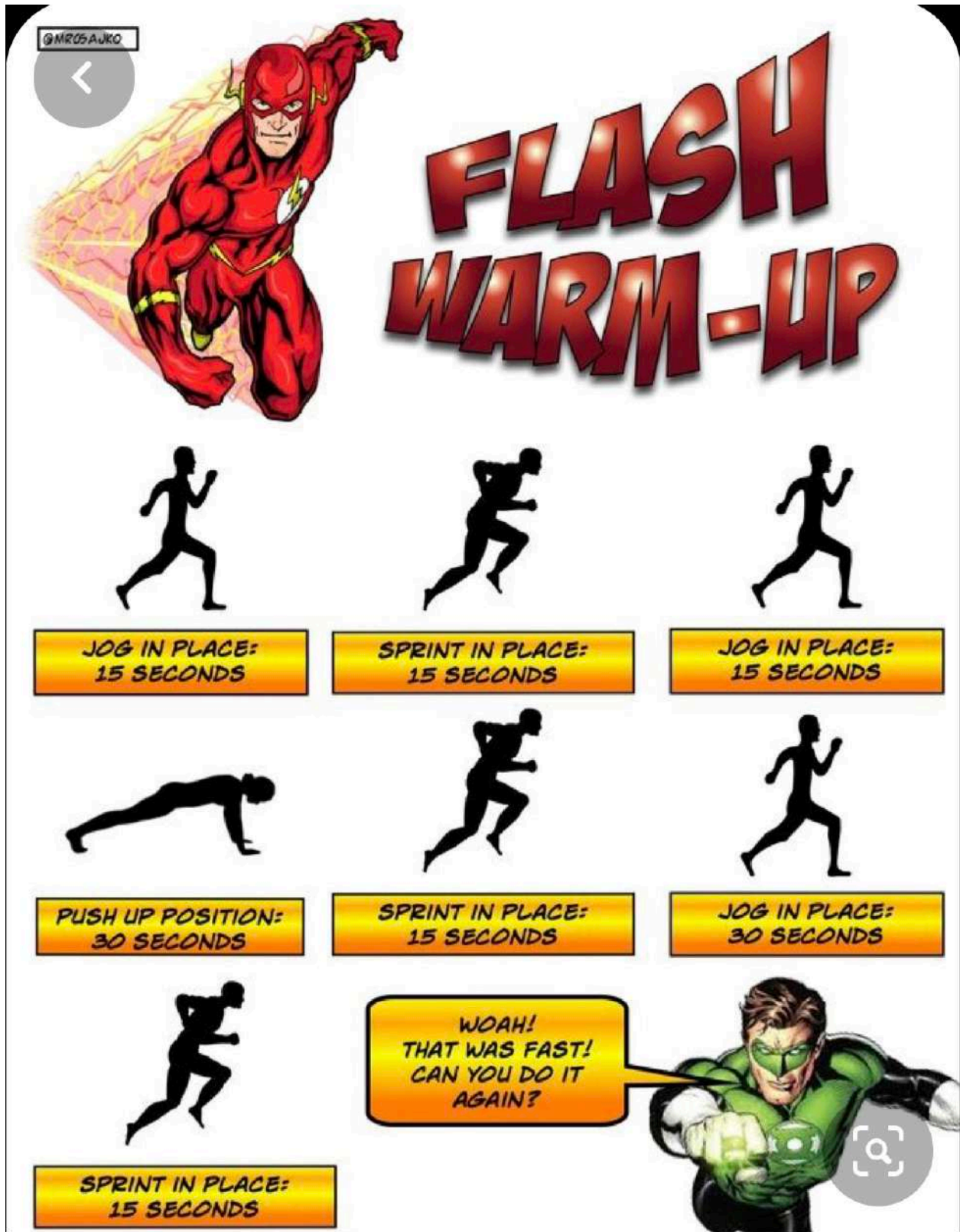
#6  **DO 10 PUSH-UPS**

IF YOU FINISH BEFORE THE MUSIC ENDS, REPEAT THE SIX STEPS AGAIN!

**TRAIN HARD!**

@PhysEdDepot

# Thursday



The graphic features a large illustration of The Flash in his red suit, running with a yellow lightning bolt on his chest and a trail of yellow energy behind him. To the right, the text "FLASH WARM-UP" is written in large, bold, red, 3D-style letters. Below this, there are seven exercise stations, each with a silhouette of the exercise and a yellow box with the exercise name and duration. The exercises are: Jog in Place (15 seconds), Sprint in Place (15 seconds), Jog in Place (15 seconds), Push Up Position (30 seconds), Sprint in Place (15 seconds), Jog in Place (30 seconds), and Sprint in Place (15 seconds). In the bottom right corner, there is an illustration of Green Lantern in his green suit, pointing towards the viewer with a speech bubble that says "WOAH! THAT WAS FAST! CAN YOU DO IT AGAIN?". There are also some UI elements: a small box with "@MROS AJKO" and a back arrow in the top left, and a search icon in the bottom right.

**FLASH WARM-UP**

**JOG IN PLACE: 15 SECONDS**

**SPRINT IN PLACE: 15 SECONDS**

**JOG IN PLACE: 15 SECONDS**

**PUSH UP POSITION: 30 SECONDS**

**SPRINT IN PLACE: 15 SECONDS**

**JOG IN PLACE: 30 SECONDS**

**SPRINT IN PLACE: 15 SECONDS**

**WOAH! THAT WAS FAST! CAN YOU DO IT AGAIN?**

# Friday



**CATWOMAN WARM-UP**

**BOAT POSITION: 20 SECONDS**



**LEG LIFTS: 10 WITH EACH LEG**



**SELF DEFENSE KNEE BLOCKS: 10 EACH LEG**



**LEG LIFT CRUNCHES**



**SELF DEFENSE KICK: 10 TIMES EACH LEG**



**PLANK POSITION: 15 SECONDS**



**DOWNWARD "DOG" 15 SECONDS**



**NOT BAD... BUT CAN YOU CLAW YOUR WAY THROUGH THIS WARM-UP 1 MORE TIME?**

