Physical Education

Distance Learning 30 Day Challenge

Don’t forget to do a ten second static stretch before you begin each day’s challenge.

* butterfly
* figure four [keep your heels down and toes up] (You know you just heard Coach Grant’s voice saying that!]
* quad pull
* ankle pull
* heel scoops
* bicep [straight arm across chest]
* tricep [arm goes behind head with elbow up]
* Michael Phelps

Each day Coach Brown and Coach Grant challenge you to complete these exercises.

Example: Day 4 you would do 5 squats, 10 jumping jacks, 5 crunches, 5 push ups, 5 lunges on each leg, and a 10 second plank.

Please invite your family to join you! We all need to get up and move more!

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| Day1:  5 squats, 10 jumping jacks, 5 crunches | Day 2:  Day 1 + 5 pushups | Day 3:  Day 2 + 5 lunges on each leg | Day 4:  Day 3 + 10 second plank | Day 5:  Day 4 + 5 burpees |
| Day 6:  8 squats, 16 jumping jacks, 8 crunches | Day 7:  Day 6 + 8 pushups | Day 8:  Day 7 + 8 lunges on each leg | Day 9:  Day 8 + 16 second plank | Day 10:  Day 9 + 8 burpees |
| Day 11:  10 squats, 20 jumping jacks, 10 crunches | Day 12:  Day 11 + 10 pushups | Day 13:  Day 12 + 10 lunges on each leg | Day 14:  Day 13 + 20 second plank | Day 15:  Day 14 + 10 burpees |
| Day 16:  12 squats, 24 jumping jacks, 12 crunches | Day 17:  Day 16 + 12 pushups | Day 18:  Day 17 + 12 lunges on each leg | Day 19:  Day 18 + 24 second plank | Day 20:  Day 19 + 12 burpees |
| Day 21:  15 squats, 30 jumping jacks, 15 crunches | Day 22:  Day 21 + 15 pushups | Day 23:  Day 22 + 15 lunges on each leg | Day 24:  Day 23 + 30 second plank | Day 25:  Day 24 + 15 burpees |
| Day 26:  20 squats, 40 jumping jacks, 20 crunches | Day 27:  Day 26 + 20 pushups | Day 28:  Day 27 + 20 lunges on each leg | Day 29:  Day 28 + 40 second plank | Day 30:  Day 29 + 20 burpees |

After you have done the day’s challenge, spend at least ten minutes doing your favorite dynamic warm up. Try to find an outside area about as long as the basketball court to do them. Bring your brothers and sisters, too! Show them how fun they can be!

* Jog
* Skips (regular, speed, power/Mario, and/or dork)
* Frankensteins (keep those heels down)
* High knees
* Butt kicks
* Karaoke
* Low and slow (walking squats)
* Walking lunges
* Ankle pulls
* Quad pulls
* Sprint

Please do not hesitate to contact Coach Brown or Coach Grant if you have questions or just want to chat. WE MISS EACH AND EVERY ONE OF YOU!

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