**April 13-17 PANDEMIC PE – WEEK #2 Course: PE 8-10**

**Big Ideas:** Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals. Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.

Week one of Pandemic PE is in the books. I hope this email finds you happy and that you had a good Easter. For week two I was going to have you complete three more workouts and then present a challenge – learn the game of Crib!

I hope the first week on the app was relatively-glitch free, easy to follow, and relatively fun. A few words of caution when using the Nike Training App (or any training app)

1. I do not like the idea of working on the flexibility of the lumbar (lower) spine. Exercises that isolate the upper or lower body and then rotate have a tendency to irritate the lower back. I have attached an article by Mike Boyle that discusses this worry if you are interested. As a result, I would make the following substitutions in your workout:
   1. Workout #4 – Flying Shoulder Presses – replace with YTW (in workout #5)
   2. Workout #6 – Torture Twists – replace with bird dogs (in workout #4)
   3. I am not a huge fan of the sit up and its variations either, but to replace that would be to get rid of a large part of the workouts. Mike Boyle and Stuart McGill make a strong case for a move away from sit ups but it will take some time to filter down into the general fitness world. What might you suggest instead of sit ups to work core in subsequent workouts? The video links attached give you some ideas.
2. When creating a workout there are five major patterns that we want to incorporate into our plan:
   1. Knee dominant flexion (for example the squat or lunge);
   2. Hip dominant flexion (for example the airplanes in the Nike app, along with the glut bridge and bird dogs);
   3. Core Stabilization (and hip rotation as well?)
   4. Push exercises (such as push ups)
   5. Pull exercise (uh-oh… This is where the Nike app is letting us down!)

There are no pull exercises included because they are hard to incorporate into a bodyweight program. We need to include at least one of these and I have recorded several options for you to put into your program depending on what you have available at your house.

band row, body weight row, one armed row, inverted row

Equipment Needed: Some space, something to complete your pull exercise, a sturdy chair, and some enthusiasm. The workouts from start to finish will take approximately 20 minutes.

Warm up – Do the following exercises across your living room- Roll out your imaginary agility ladder and let us begin!

2X in each direction

One-twos – forwards, backwards, right, left

In-In-Out-Out – forwards, backwards, right, left

In-In-Out (Icky Shuffle) – forwards with a pause on outside leg, backwards with pause on outside leg, full speed forward, full speed backwards

Have a digital device? Follow the app and complete the following workout this week:

Monday, April 13 – Workout 4 – Upper Body Core Blend

Wednesday, April 15 – Workout 5 – Leg Max-Out Now

Friday, April 17 – Workout 6 – Super Twist Core Series

Tuesday and Thursday? Some sort of Cardio activity and maybe one of the Mobility Workouts listed below, taking care to avoid excess lumbar rotation.

Do not have an ipad? Complete the exercises listed below after the warm up above.

Day #1 - Monday April 13 Day #2 - Wednesday Day #3- Friday, April 17

|  |  |  |
| --- | --- | --- |
| Runner Stability – Workout 4- Go through 3 times | Quick Core Crush – Workout 5- through 3 times | Best Foot Forward –Workout 6- Through 3 times |
| Wall Sit – 1:00 | High Plank (push up starting position) - :30 | Kneeling Dumbbell Press – Left Arm- :20 |
| Airplanes – Left Leg – :30 | Crunch - :30 | Kneeling Dumbell Press – Right Arm- :20 |
| Airplanes – Right Leg - :30 | Flutter Kicks - :30 | Split Squats- R Leg -:20 |
| Bird Dog –R Leg, L arm X10 | Full Sit ups - :30 | Split Squats – L Leg – :20 |
| Bird Dog –L Leg, R arm X10 | Dead Bugs: 30 | High Plank Front - :30 |
| Dead Bugs 1:00 | Front Plank – :20 | Airplanes – Right Leg - :30 |
| Forward Lunges – Alternating1:00 | Side Plank – :20 each side | Airplanes – Left Leg – :30 |
| Runner Touches-R leg -:40 | Glut Bridge - :20 each leg | High Plank – R Side - :30 |
| Runner Touches –L Leg - :40 |  | High Plank – L Side - :30 |
| One Arm Row with backpack- 10 each arm |  | Reverse Lunges: 40 |
| Reverse Lunge – Alternating 1:00 |  | One Arm Row backpack- :30 seconds each arm |
| Front Plank- 20 seconds |  | Marching Glut Bridge: :40 |
| Side Planks- 20 seconds |  |  |
| Glut Bridge – 20 seconds per leg |  |  |
| Full Sit up – 1:00 |  |  |

**How do I get marked for this?**

Same as last week.

**The minimum basic requirement** is that you complete these three workouts in the first week along with two other activities that are cardiovascular in nature that last at least 20 minutes. Friday you will send me an email to **tkuc@sd57** with the subject line: Your Name Self Evaluation.

In the email you will write down what you did each day of the week for activity, and any barriers, suggestions, comments that you would like to include.

You could also include a picture of you working out (or playing crib) and I will add it to the website! Be sure you have your parent/guardian’s permission to have the picture posted.

For example :

|  |  |  |
| --- | --- | --- |
| Monday, April 6 | App Workout – 11:00  30 minutes  Bike Ride- 3:00  1 hr.? | Seemed too easy so I did a second time.  Went for bike ride- don’t worry I social distanced! |
| Tuesday, April 7 | Cleaned the house – 1:00 minutes (I give permission to use the picture below)  Dog Walk - :30 | The vacuuming was a cardio workout!  Have included picture of my dog- he gives permission as well to use his picture.) |
| Wednesday, April 8 | App Workout – 11:00  30 minutes  Mobility Workout from Nike App – Fresh on the Circuit – 11:30 - 15 minutes | Great App Mr. Kuc – you really are the best (just checking if you are reading this. ;)) |
| Thursday, April 9 | Did a HITT workout I found on the internet – was from Fitness Blender – At Home HIIT Workout– 11:00  18 minutes | I like Kelly and Dan- chest was slightly sore from yesterday so I modified chest exercises |
| Friday, April 10 | App Workout – 11:00  30 minutes | Will do some exercise on the weekend. Have been doing the workouts with my sister and it is helping pass the time. |

**BONUS MATERIAL! SEE NEXT PAGE!**

BONUS WORK !!!

If you do not know how to play cribbage here is your chance to learn!

Below is the spiel that I would have given at school – feel free to let your eyes glaze over as you read this…

Me : “Why would you want to learn to play cribbage instead of playing NBA 2K? Good question. The best answer I could give you is that it is a great medium to connect and spend time with different generations of people that are important in your life. Your grandparents may not be hip to the 2k experience, but they are able to play some cards with you. Does it have to be cribbage? No, it could be crazy eights, rummy, chess, Yahtzee, or a number of other games, but the idea is that these games do not need a controller, screen, and will bring people face to face to play. “

You: “But Mr. Kuc these games do not promote social distancing. Is this a good idea at this time?”

Me. “You are correct as usual. Do not play these with anyone you are not currently isolated with. If your parents or guardians do not know how to play cribbage, then this is an opportunity for both of you to learn. If you have a sibling that is just hanging around, a crib tournament may be just what the doctor ordered to get you through a Tuesday afternoon. Please wait to go to Grandpa’s place to beat him at this old school game until the world has sorted out this Covid 19 thing. “

Step One – Find a board and some cards at your house. No board, no problem! You can download an app that will work as your board.

Step Two – Have a person who knows how to play in your house explain how it works or go to the following tutorial - <https://www.youtube.com/watch?v=xy4CmFLSGU8> for an eight minute intro.

Step Three – Play, lose yourself in the thrill of Cribbage, and add how this has changed your life in your Friday report.

Questions ? Send them to my email and I will reply promptly.