

**30** seconds each



30 seconds each





# TABATA

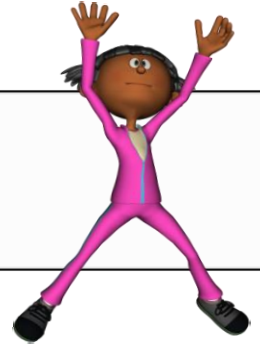


## 1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



## 2. PUSH-UPS



10 SEC REST

20 SEC MOVE

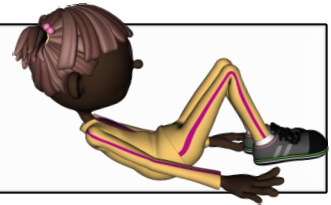


## 3. CRUNCHES



10 SEC REST

20 SEC MOVE

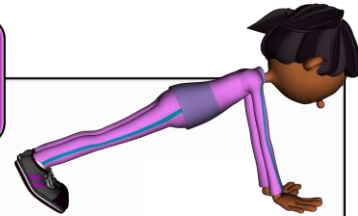


## 4. BURPEES



10 SEC REST

20 SEC MOVE

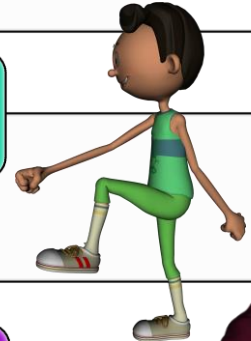


## 5. HIGH KNEES



10 SEC REST

20 SEC MOVE



## 6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



# 1

## HIGH INTENSITY INTERVAL TRAINING



# TABATA



## 1. MOUNTAIN CLIMBERS



10 SEC REST

20 SEC MOVE



## 2. SQUATS



10 SEC REST

20 SEC MOVE



## 3. SIT-UPS



10 SEC REST

20 SEC MOVE



## 4. ARM CIRCLES



10 SEC REST

20 SEC MOVE

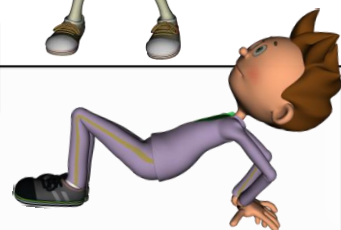


## 5. GROUND DIPS



10 SEC REST

20 SEC MOVE

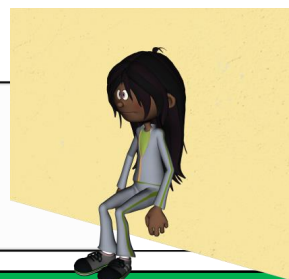


## 6. WALL SIT



10 SEC REST

20 SEC MOVE



# 2

## HIGH INTENSITY INTERVAL TRAINING



# AMRAP

(AS MANY ROUNDS AS POSSIBLE)



**20  
SKIER  
JUMPS**

**12 PUSH  
UPS**



**20  
ARM CIRCLES**



**15 TRICEP  
DIPS**

**R  
E  
P  
E  
A  
T**



**JOG  
3 LAPS**

**20 VERTICAL  
JUMPS**



**NAVY BLUE WORKOUT**



# AMRAP

(AS MANY ROUNDS AS POSSIBLE)



**10 LUNGES**

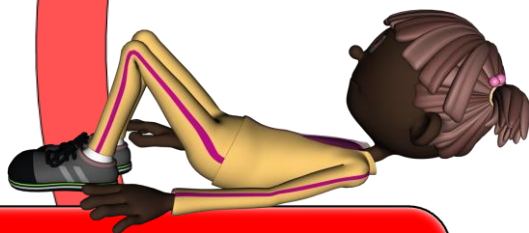


**10 DIPS**



**10 STRADDLE JUMPS**

**R  
E  
P  
E  
A  
T**



**15  
CURL-UPS**

**SKIP  
2 LAPS**



**WALL-SIT  
20 SEC.**



**CANDY RED WORKOUT**





# FIDGET SPINNER P.E. SPIN BOARD



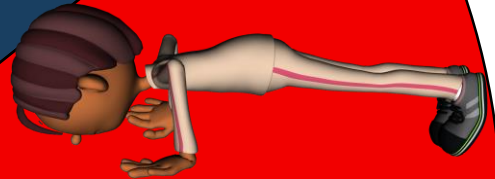
**JUMPING  
JACKS**



**TUCK  
JUMPS**



**SQUAT  
JUMPS**



**PUSH-UPS**



**SKIP IN A  
CIRCLE**



**MOUNTAIN  
CLIMBERS**



**SIT-UPS**



**FITNESS #1**



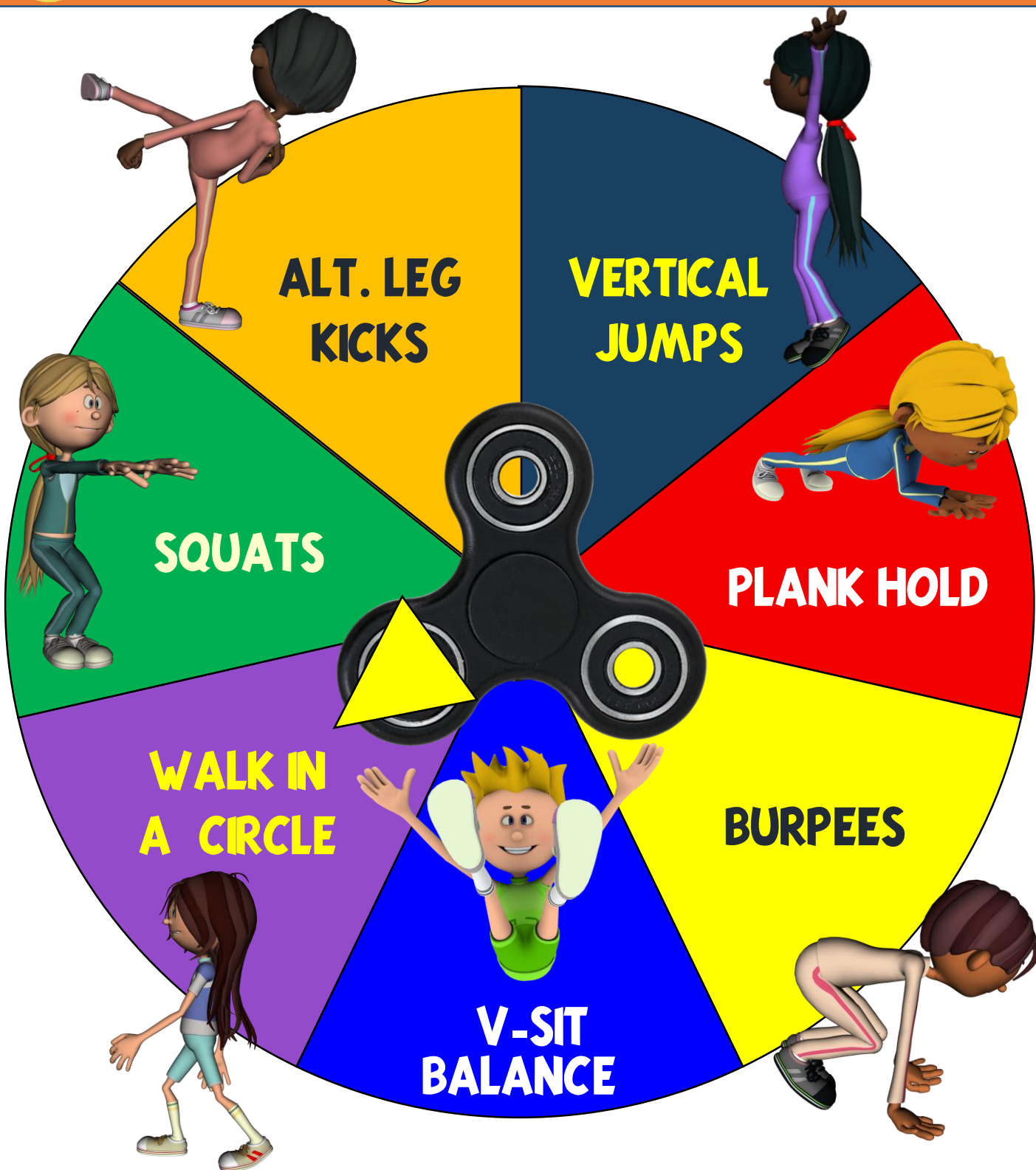
# FIDGET SPINNER P.E. SPIN BOARD







# FIDGET SPINNER P.E. SPIN BOARD





1



2 HAND TOSS  
2 HAND CATCH

20  
Times

2



2 HAND TOSS  
1 HAND CATCH

20  
Times

3



1 HAND TOSS  
1 HAND CATCH

20  
Times

4



RAINBOW TOSS  
CROSS BODY  
1 HAND CATCH

20  
Times

5



TOSS  
TOUCH GROUND  
CATCH

12  
Times

6



TOSS  
TURN AROUND  
CATCH

12  
Times

T  
O  
S  
S  
  
A  
N  
D  
  
C  
A  
T  
C  
H

**SUPER CHALLENGES**

DAB





P  
E  
S  
K  
I  
L  
L  
S

T  
O  
S  
S  
  
A  
N  
D  
  
C  
A  
T  
C  
H

1



1 HAND TOSS  
1 HAND CATCH

25  
Times

2



RAINBOW TOSS  
ACROSS BODY

25  
Times

3



1 HAND TOSS  
TOUCH OPPOSITE  
SHOULDER  
CATCH

20  
Times

4



1 HAND TOSS  
TOUCH OPPOSITE  
FOOT  
CATCH

20  
Times

5



TOSS  
TOUCH GROUND  
CATCH

15  
Times

6



TOSS  
TURN AROUND  
CATCH

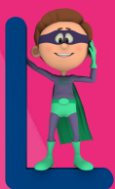
12  
Times

**SUPER CHALLENGES**

DAB







1



**TAP UP IN AIR**  
**USE FINGER TIPS**

**30**  
**Times**

2



**TAP UP IN AIR**  
**1 HAND TO THE OTHER**

**30**  
**Times**

3



**LET BALLOON**  
**FLOAT LOW**  
**TAP UP FROM**  
**LOW POINT**

**20**  
**Times**

**JUMP UP HIGH**  
**TAP BALLOON**  
**UP IN THE AIR**

**20**  
**Times**

4



5



**VOLLEY BALLOON**  
**USE BUMPS**  
**AND SETS**

**30**  
**Times**

**HOLD BALLOON**  
**PULL STEM DOWN**  
**JUMP UP**  
**AND CATCH**

**15**  
**Times**

6



**SUPER CHALLENGES**

DAB





1

PASS A BALL  
AROUND YOUR WAIST



25  
Times

2

ROLL OR PASS  
A BALL  
AROUND YOUR FEET



20  
Times

3

ROLL OR PASS  
A BALL  
IN A "FIGURE 8"  
AROUND YOUR FEET



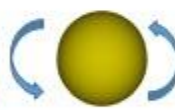
20  
Times

4

SPIN THE BALL  
ON THE GROUND  
ONE DIRECTION  
CHANGE IT'S  
DIRECTION



15  
Times



5

TOSS THE BALL  
FROM ONE HAND  
TO THE OTHER  
RAINBOW TOSS



25  
Times

6

TRY TO SPIN  
THE BALL  
ON YOUR FINGERS



12  
Times

M  
A  
N  
I  
P  
U  
L  
A  
T  
I  
N  
G  
  
A  
  
B  
A  
L  
L

**SUPER CHALLENGES**

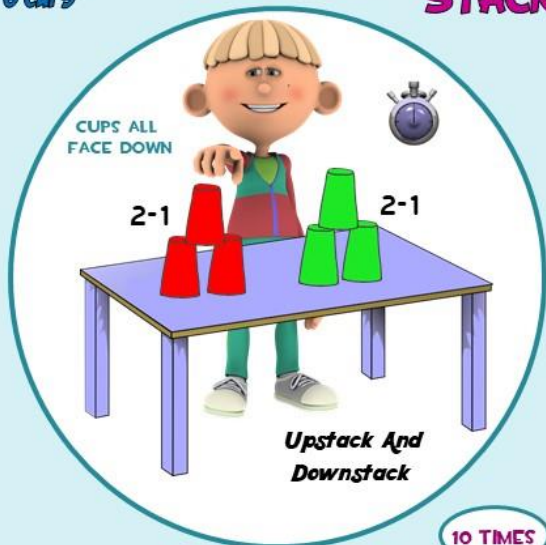
DAB





# DOUBLE 2-1 CLOSED STACK

6 CUPS



10 TIMES

Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

1

CUP STACKING



©Photo Chameleon (Cap'n Peet), 2019

# DOUBLE 2-1 OPEN STACK

6 CUPS



10 TIMES

Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

2

CUP STACKING



©Photo Chameleon (Cap'n Peet), 2019

# WAIST TWIRL



Twirl a hula hoop around your waist in either direction. See how long you can keep it moving without it dropping.

17

HULA HOOPS



©Photo Chameleon (Cap'n Peet), 2019

# NECK TWIRL



Twirl a hula hoop around your neck in either direction. See how long you can keep it moving without it dropping.

18

HULA HOOPS



©Photo Chameleon (Cap'n Peet), 2019



## BALANCE ON HANDS

TRY  
BALANCING  
ON JUST 1  
FINGER



*Balance  
using both  
hands*

1 MINUTE

Balance a pool noodle on the palm and the back of your hand. Try using both your left and your right hand.

1

POOL NOODLES

©Pete Chenette (Cap'n Pete), 2020

## BALANCE ON HEAD

TRY BALANCING  
IT ON OTHER  
BODY PARTS



*Balance  
and move*

20 TIMES

Balance a pool noodle on top of your head. Try moving around the room while you balance it.

2

POOL NOODLES

©Pete Chenette (Cap'n Pete), 2020

## BASKETBALL TAP

*Tap  
Tap  
Tap*



TAP AT  
HIGH AND  
LOW LEVELS

1 MINUTE

Tap the ball back and forth from one hand to the other. Use your finger pads and increase the speed that you tap.

9

BASKETBALLS

©Pete Chenette (Cap'n Pete), 2020

## PASS AROUND BODY

USE YOUR  
FINGERPADS  
TO TOUCH  
THE BALL



*Pass or roll  
the ball*

25 TIMES

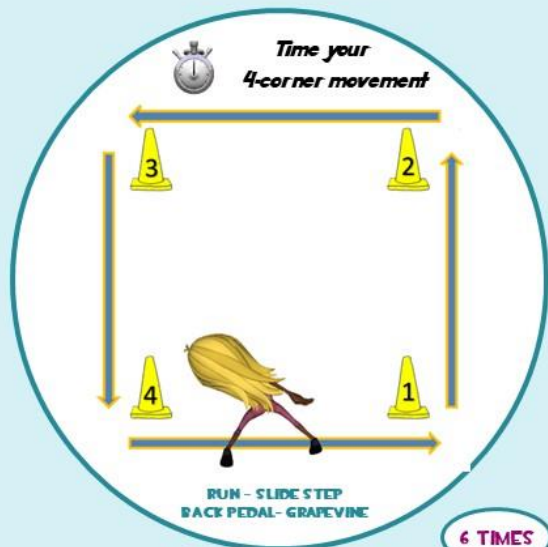
Roll or pass (hand to hand) the playground ball around your waist or legs. Try going both directions.

10

BASKETBALLS

©Pete Chenette (Cap'n Pete), 2020

## FOUR CORNER DRILL



Start at cone 1- Run Forward to cone 2.  
Slide step facing out to cone 3.  
Back pedal to cone 4.  
Grapevine step back to cone 1.

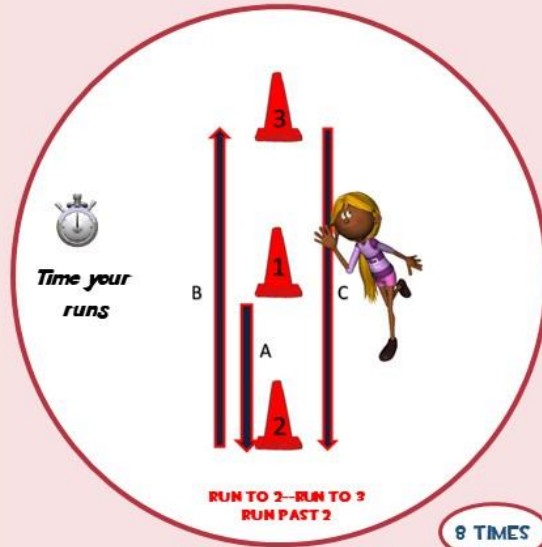
1

CONES AND POLYSPOTS



©Photo Chameleon (Cap'n Peet), 2020

## TURN AND SPRINT



Start at cone 1 in an "athletic stance."  
A. Run Forward to cone 2.  
B. Turn quickly and run to cone 3.  
C. Turn and sprint past cone 2.

2

CONES AND POLYSPOTS



©Photo Chameleon (Cap'n Peet), 2020

## NFL COMBINE DRILL



Start the drill at cone 1. A- Run to cone 2 and quickly turn back and run to cone 1. B- Turn quickly and run around cone 2 and head to cone 3. C- Go around the inside of cone 3 and head back to cone 2. D- Go around the outside of 2 and finish the drill at cone 1.

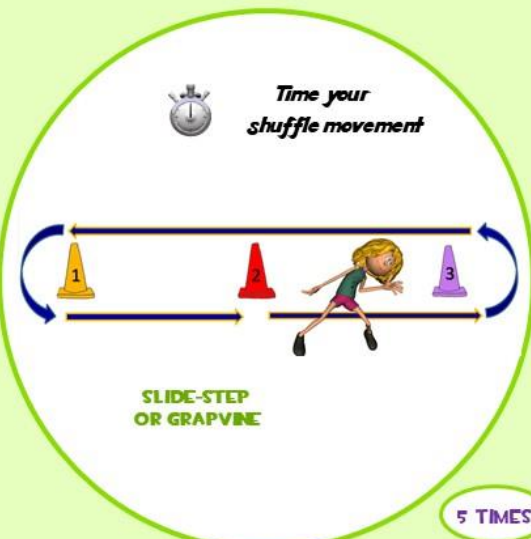
5

CONES AND POLYSPOTS



©Photo Chameleon (Cap'n Peet), 2020

## 3 CONE SHUFFLE



Start behind cone number 2 and slide step or grapevine step sideways to and around cone number 3. Continue left and in front of cone 2. Keep moving left to and around cone number 1. Repeat the entire sequence 5 times.

6

CONES AND POLYSPOTS



©Photo Chameleon (Cap'n Peet), 2020



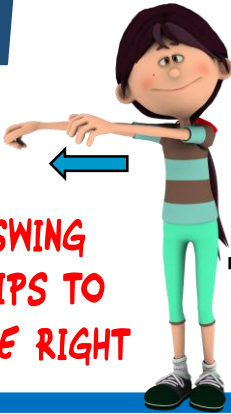
# FLOSS DANCE INSTRUCTIONS

S  
T  
A  
R  
T



ARMS DOWN  
BY SIDES  
AND MAKE FISTS

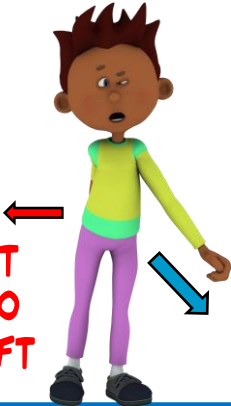
1



SWING ARMS  
UP TO  
LEFT SIDE

SWING  
HIPS TO  
THE RIGHT

2



PULL ARMS  
BACK DOWN  
SHARPLY

THRUST  
HIPS TO  
THE LEFT

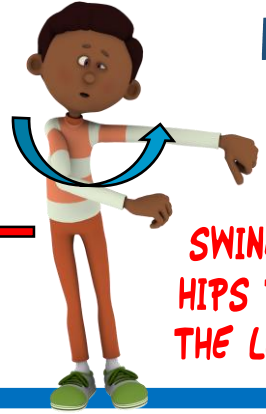
3



SWING ARMS  
BACK UP TO  
LEFT SIDE

SWING  
HIPS BACK  
TO RIGHT

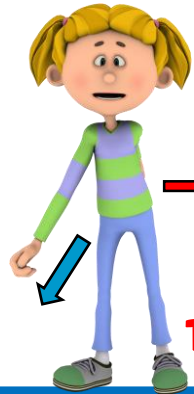
ARMS SWING  
ACROSS BODY  
TO THE  
RIGHT SIDE



SWING  
HIPS TO  
THE LEFT

4

PULL ARMS  
BACK DOWN  
SHARPLY



THRUST  
HIPS TO  
THE RIGHT

5

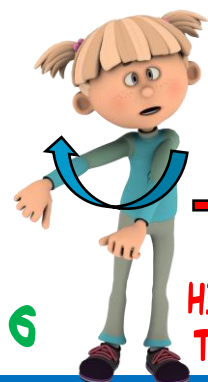
SWING ARMS  
BACK UP TO  
RIGHT SIDE



SWING  
HIPS BACK  
TO LEFT

6

ARMS SWING  
BACK ACROSS  
BODY TO  
LEFT SIDE



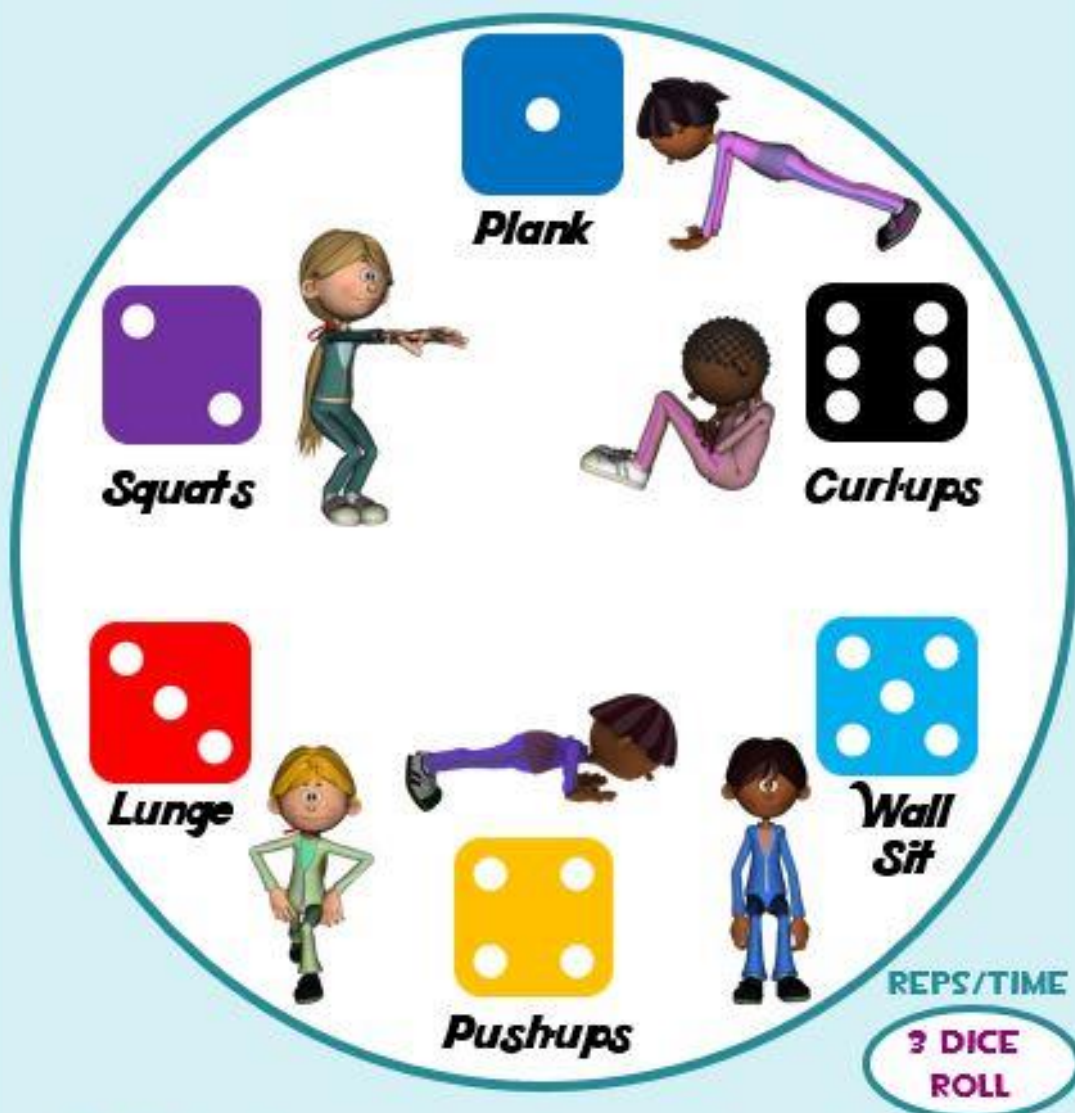
SWING  
HIPS BACK  
TO RIGHT

1

REPEAT 1 - 6



# STRENGTH



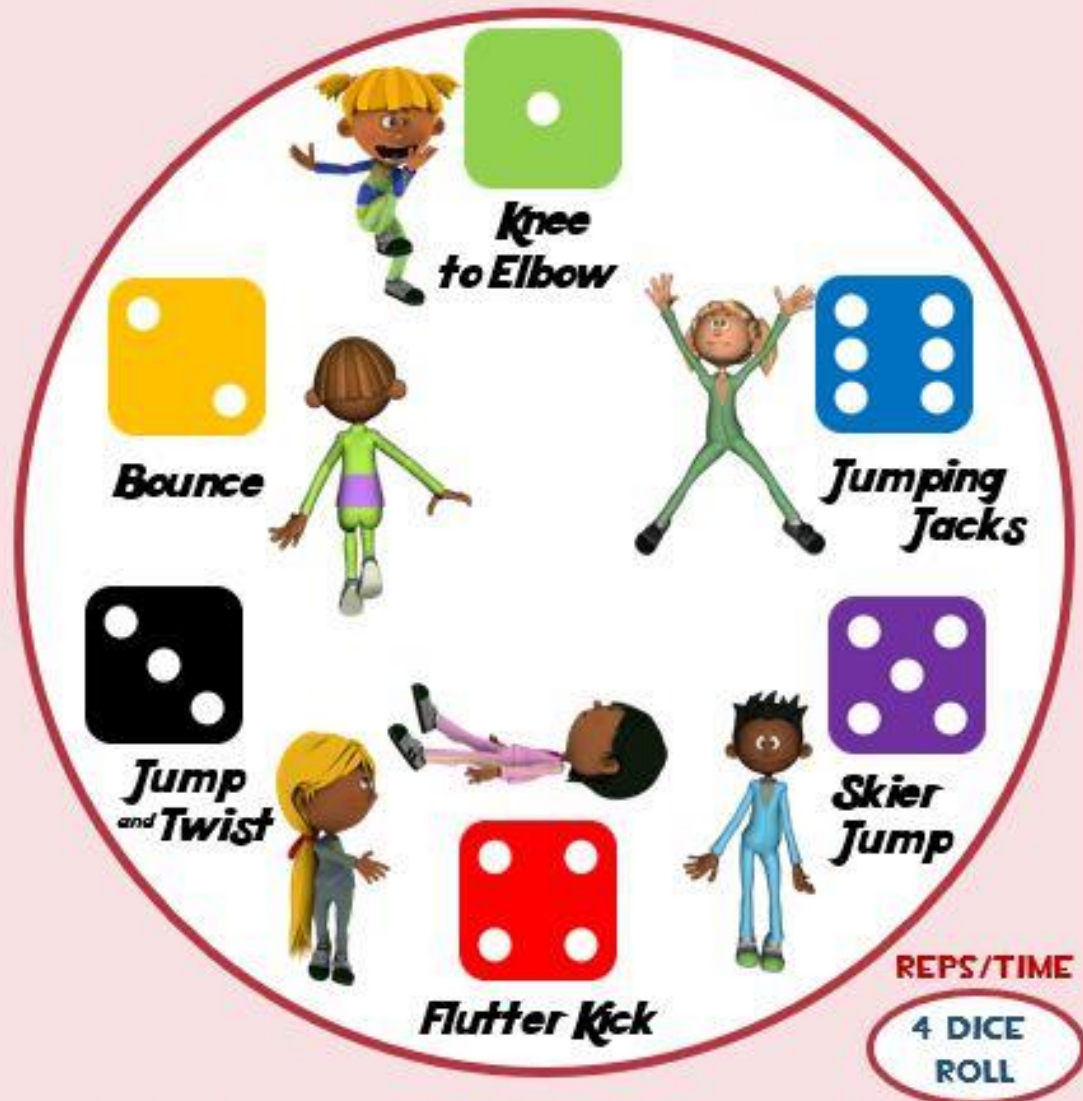
Roll 1 die and perform the strength movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

1

DICE



# CARDIO



Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

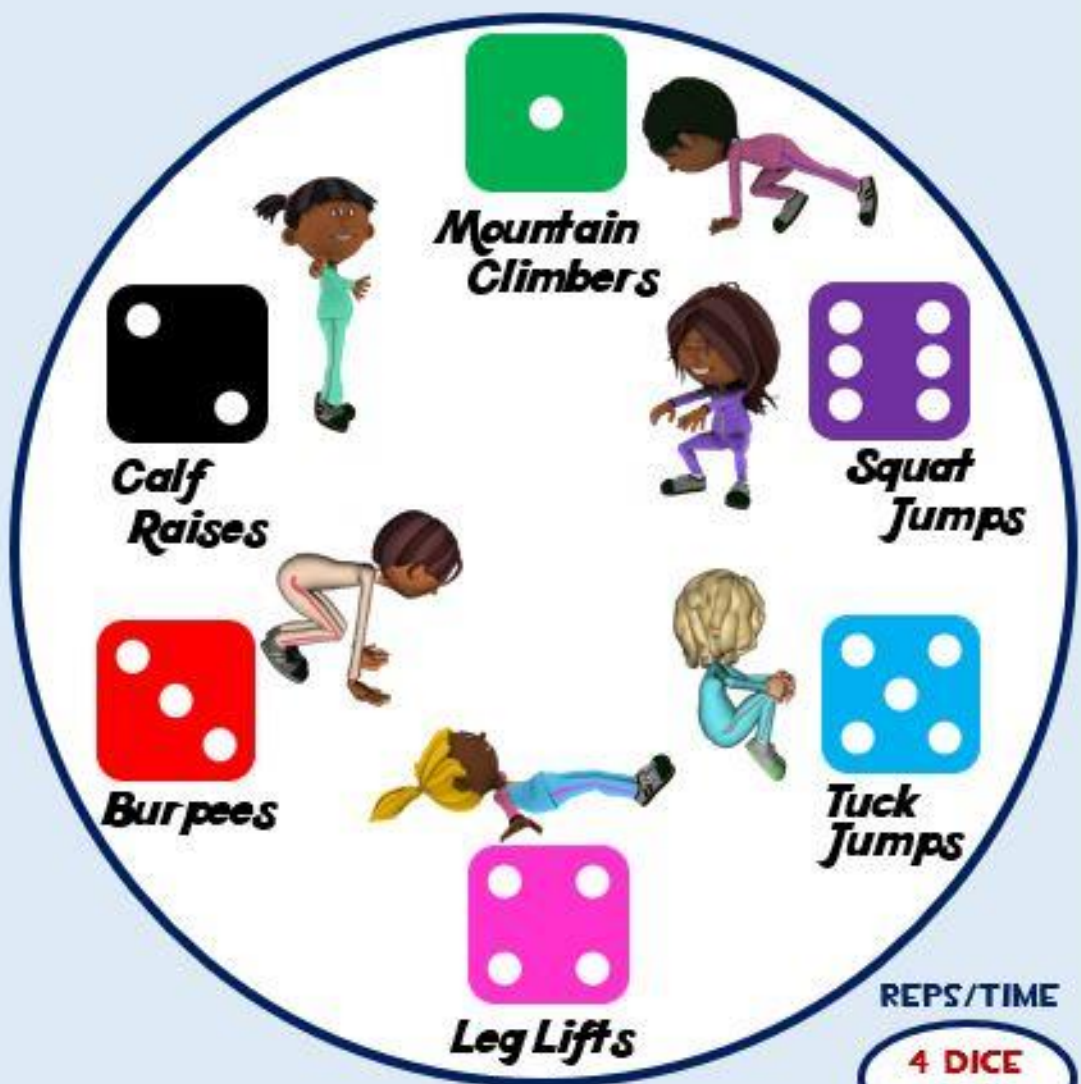
**2**

**DICE**





# ENDURANCE



Roll 1 die and perform the endurance movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.


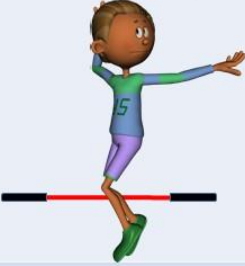

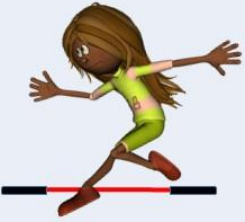

**3**

**DICE**







# Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
<b>1. Long Jump</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump as far as possible down the rope- measure</li> <li>✓ Repeat and try to go farther- 5 jumps</li> </ul>	<ul style="list-style-type: none"> <li>▪ Squat low</li> <li>▪ Explode up and forward</li> <li>▪ Mark jump on rope where heels landed</li> </ul>	STAND SQUAT JUMP
<b>2. 2 Foot Jump</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump side-to-side (2 feet) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Skier motion</li> </ul>	JUMP JUMP JUMP
<b>3. 1 Foot Hop</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Hop side-to-side (1 foot) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Keep balanced</li> </ul>	HOP HOP HOP
<b>4. Criss-Cross</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump and cross then uncross legs down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Cross-uncross, cross-uncross</li> </ul>	JUMP CROSS JUMP CROSS
<b>5. 1/2 Turn Over</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump and turn half way around (each jump) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Do not go too fast</li> </ul>	JUMP TURN JUMP TURN

## Level 1- Rope on Ground

# Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
<b>1. 2 Foot Jump</b>  <b>FORWARD</b>	<ul style="list-style-type: none"> <li>✓ Jump on both feet</li> <li>✓ Land on the balls of your feet</li> <li>✓ Jump once for every revolution of the rope</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turn rope from heels to toes</li> <li>▪ Feet together</li> <li>▪ Keep elbows in</li> </ul>	<b>JUMP</b> <b>JUMP</b> <b>JUMP</b>
<b>2. Skier Jump</b>  <b>FORWARD</b>	<ul style="list-style-type: none"> <li>✓ Jump to the left</li> <li>✓ Jump to the right</li> <li>✓ Jump once for each revolution of the rope</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turn rope from heels to toes</li> <li>▪ Move feet side to side</li> <li>▪ Feet together</li> </ul>	<b>LEFT</b> <b>RIGHT</b> <b>LEFT</b> <b>RIGHT</b>
<b>3. Bell Jump</b>  <b>FORWARD</b>	<ul style="list-style-type: none"> <li>✓ Jump forward</li> <li>✓ Jump back</li> <li>✓ Jump once for each revolution of the rope</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turn rope from heels to toes</li> <li>▪ Move feet front to back</li> <li>▪ Feet together</li> </ul>	<b>FRONT</b> <b>BACK</b> <b>FRONT</b>
<b>4. Jogging Step</b>  <b>FORWARD</b>	<ul style="list-style-type: none"> <li>✓ Step over left foot</li> <li>✓ Step over right foot</li> <li>✓ Continue alternating feet- jogging motion</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turn rope from heels to toes</li> <li>▪ Alternate feet</li> <li>▪ Jogging steps</li> </ul>	<b>LEFT</b> <b>RIGHT</b> <b>LEFT</b>
<b>5. 1 Foot Hop</b>  <b>FORWARD</b>	<ul style="list-style-type: none"> <li>✓ Hop on 1 foot continuously</li> <li>✓ Land on the same foot that hops over the rope</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turn rope from heels to toes</li> <li>▪ Stay balanced</li> <li>▪ Head up</li> </ul>	<b>HOP</b> <b>HOP</b> <b>HOP</b>

## Level 3- Basic Jumps- Forward

T  
i  
c  
T  
a  
c  
T  
o  
e

20 Arm Rotations



8 Straddle  
Jumps



12 Standing  
Toe Touches



Hold a Sit & Reach  
for 15 Seconds



10 Curl Ups



15 Sec. Butterfly  
Stretch



10 Push Ups



Hold a Plank  
for 15 Seconds



15 Mountain  
Climbers



F  
I  
T  
N  
E  
S  
S

Card 1

©Pete Charrette (Cap'n Pete), 2015

T  
i  
c  
T  
a  
c  
T  
o  
e

20 Sec. Wall Sit



Hold a Plank  
for 15 Seconds



Tricep Stretch for  
12 seconds



8  
Reachers



Runners Stretch  
for 15 Sec



8 Burpees



12 Skier Jumps



7 Star Jumps



10 Lunges



F  
I  
T  
N  
E  
S  
S







Card 2

©Pete Charrette (Cap'n Pete), 2015










# HEALTHY HOME INFORMATION VISUALS

**WHAT WILL I DO WHEN I GET HOME TODAY?**

 DANCE	 CLIMB	<b>PRACTICE</b> 
 JOG	 SKATE	
 TUMBLE	 JUMP ROPE	
 POSE	 STRETCH	
 HIKE	 MOVE	

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**HOW SHOULD I PREPARE TO EXERCISE?**

 <b>HAVE A PLAN</b>	 Hydrate Your Body
<b>"FUEL UP" WITH A HEALTHY SNACK</b> 	
<b>BRING A POSITIVE ATTITUDE</b>	
 PUT ON ATHLETIC SHOES	
<b>WEAR CLOTHING THAT WILL ALLOW YOU TO MOVE</b>	
 WARM UP YOUR BODY	 HAVE THE CORRECT EQUIPMENT READY TO GO
<b>VISUALIZE YOUR FUTURE RESULTS</b> 	

**EXERCISE TIPS**

 <b>DON'T PUT IT OFF</b>	 <b>KEEP IT FUN</b>
<b>SET GOALS BUT BE REALISTIC</b> 	
<b>"WARM UP" YOUR BODY BEFORE YOU EXERCISE</b>	
<b>Try to be active 1 hour a day</b> 	<b>BREAK YOUR HOUR UP INTO SMALLER CHUNKS</b> 
<b>EXERCISE WITH YOUR FAMILY OR FRIENDS</b> 	
<b>STAY HYDRATED</b> 	<b>EAT HEALTHY</b> 
<b>DO SOME STATIC STRETCHING AFTER EXERCISE</b> 	

**WHAT WILL I DO WHEN I GET HOME TODAY?**

 MAKE SNOW ANGELS	 WALK OR HIKE	 PLAY A SPORT
 BUILD A SNOW MAN	 SNOW BOARD	 CROSS COUNTRY SKI
 SLIDE	 SPEED SKATE	 BUILD A FORT
 DOWNHILL SKI	 PULL A FRIEND	 FIGURE SKATE
 SLED	 PLAY WITH OTHERS	 SHOVEL SNOW

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

# HOW SHOULD I PREPARE TO EXERCISE?

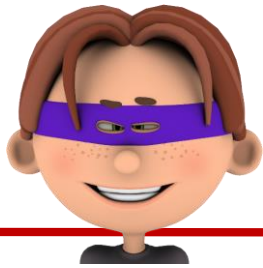


**HAVE  
A PLAN**



**Hydrate  
Your Body**

**“FUEL UP”  
WITH A HEALTHY SNACK**



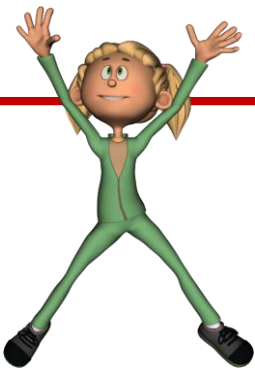
**BRING  
A POSITIVE ATTITUDE**

**Get Music  
Prepared for  
Motivation**



**PUT ON  
ATHLETIC  
SHOES**

**WEAR CLOTHING THAT  
WILL ALLOW YOU TO MOVE**



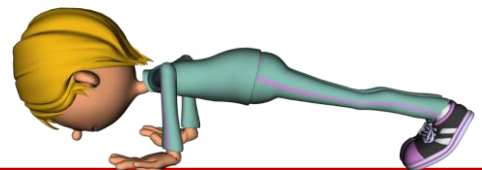
**WARM UP  
YOUR  
BODY**



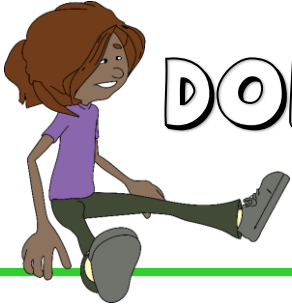
**HAVE THE CORRECT  
EQUIPMENT  
READY TO GO**



**VISUALIZE YOUR  
FUTURE RESULTS**



# EXERCISE TIPS

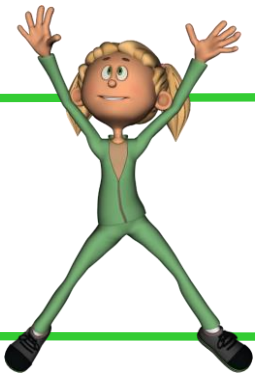


**DON'T PUT  
IT OFF**

**SET GOALS BUT  
BE REALISTIC**



**KEEP IT  
FUN**

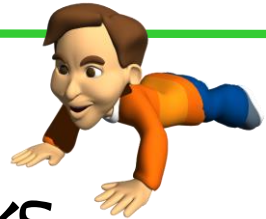


**"WARM UP" YOUR BODY  
BEFORE YOU EXERCISE**

**Try to be active  
1 hour a day**



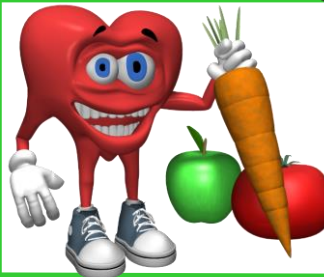
**BREAK YOUR  
HOUR UP INTO  
SMALLER CHUNKS**



**EXERCISE WITH YOUR  
FAMILY OR FRIENDS**

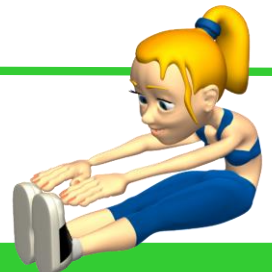


**STAY  
HYDRATED**



**EAT  
HEALTHY**

**DO SOME STATIC STRETCHING  
AFTER EXERCISE**





# WHAT WILL I DO WHEN I GET HOME TODAY?



**DANCE**



**CLIMB**

**PRACTICE**



**PLAY**

**JOG**

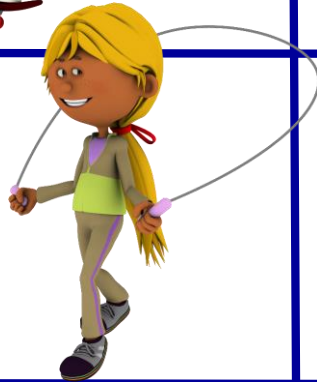


**SKATE**

**TUMBLE**



**JUMP  
ROPE**



**EXERCISE**



**POSE**



**STRETCH**



**SELF  
DEFENSE**



**HIKE**



**MOVE**



**BIKE**



**P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

# WHAT WILL I DO WHEN I GET HOME TODAY?



**P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**



# HEALTHY HABITS

## **S** Smile Proudly

BRUSH AND FLOSS YOUR TEETH DAILY



## **E** Exercise Regularly

MOVE YOUR BODY INTENTIONALLY, 60 MINUTES A DAY



## **L** Learn Daily

READ INTERESTING BOOKS, MAGAZINES AND ONLINE ARTICLES



## **F** Fuel Your Body

EAT HEALTHY, BALANCED MEALS AND SNACKS



## **C** Clean Up

SHOWER/BATHE YOUR BODY ON A REGULAR BASIS



## **A** Apply When Needed

USE DEODORANT, SUNSCREEN AND HAND SOAP OFTEN



## **R** Rest Up

GET 9-11 QUALITY HOURS OF SLEEP EVERY NIGHT



## **E** Express Yourself

WASH AND CHANGE YOUR CLOTHES ROUTINELY

