



RunJumpThrowWheel

Home Edition: Week 11

Looking for fun ways to keep your family active?
Try the RunJumpThrowWheel Program: Home Edition!

These fun workouts are perfect for the elementary school aged individuals in your family.
 Descriptive and simple to follow, you can do these workouts indoors and out!

	Warm Up	Main Activity	Cool Down
Workout Option #1	<u>Body Circles</u> Move each of the following body parts in circles 10 times: <ul style="list-style-type: none"> ▪ Neck (Semi Circle) ▪ Shoulders ▪ Arms ▪ Hips ▪ Knees ▪ Right Ankle ▪ Left Ankle 	<u>Long Jump</u> Stand on two feet then jump forward. Land like you're riding a motorcycle (squatting with your feet beside each other and hands in front). You can see a quick video here. Try this 5-10 times. <i>Next</i> , take one step then jump forward. Still land like you're riding a motorcycle. Try this 5 times with each leg. <i>Finally</i> , take three steps then jump forward. Land the same way. Try this 5 times with walking steps, then 5 times with jogging steps.	<u>Yoga</u> Do some easy poses for 3-5 minutes. Hold each poses for 15-30 seconds. Pick your favourites or follow this video.

	Warm Up	Main Activity	Cool Down
<p>Workout Option #2</p>	<p><u>Dynamic Drills</u> Do the below exercises across an open area for 15 – 30 seconds each:</p> <ul style="list-style-type: none"> ○ Walk on Toes Forward ○ Walk on Heels Forward ○ Walk on Toes Backward ○ Walk on Heels Backward ○ Walk with High Kicks ○ Skip with Arm Circles ○ Sideways Jumping Jacks 	<p><u>Javelin on a Rope</u> Make your own Javelin on a Rope! Learn how here.</p> <p>Once you’ve made and set up your javelin, stand beside it, holding the tube with your palm facing upwards. On the count of “3” throw the javelin forward and see how far it will go. Repeat this 5-10 times.</p> <p><i>Modification:</i> Try throwing with your other arm.</p> <p><i>Modification:</i> Take a step forward before throwing.</p>	<p><u>Upper Body Stretches</u> Do some easy stretches for 3-5 minutes. Hold each position for 30 seconds.</p> <p>Pick your favourites or follow this video.</p>
<p>Workout Option #3</p>	<p><u>Dynamic Drills</u> Do the below exercises in place or across an open area for 15 – 30 seconds each.</p> <p>Focus on doing all of these drills with high knees:</p> <ul style="list-style-type: none"> ○ Marching ○ Bum Kicks ○ Skips ○ Lunges ○ Run 	<p><u>Clean Up Race</u> Spread easily grabbed objects around the perimeter of a room or park. Stand in the center with a basket beside you.</p> <p>On the count of “3”, run around the room collecting items and placing them in the basket. You can only pick up ONE item at a time.</p> <p><i>Modification:</i> Pick up items by order of their colour <i>OR</i> by their location in the room.</p>	<p><u>Stretch Fest</u> Do some easy stretches for 3-5 minutes. Hold each poses for 15-30 seconds.</p> <p>Pick your favourites or follow this video.</p>

Disclaimer:

1. The activities in the RunJumpThrowWheel: Home Edition program should be supervised by an adult (parent/guardian/adult sibling).
2. Activities should be done in a safe environment/area.
3. During social distancing, participants should only engage in activities with other individuals living in the same residence. There should be NO coach supervision unless the coach is a parent/guardian/adult sibling who lives in the same residence as the participant.