



RunJumpThrowWheel

Home Edition: Week 3

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>Shot Put</u> Lie on your stomach holding a tennis ball by your ear with you elbow high. On the count of “3”, push the ball away from you then run and retrieve it. Repeat 3-5 times with each arm. Next try while kneeling, using your empty hand to point where you’re trying to throw. Repeat 3-5 times with each arm. Now do the same from a standing position. Modification: If indoors, use a light/less bouncy ball OR a pair of rolled up socks.	<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>Straight Leg Sprints</u> Run from Point A to Point B with straight legs. Repeat 3-5 times.</p> <p>Now try again, making your steps as large as possible. Repeat 3-5 times.</p> <p>Finally try again, making your steps as small and quick as possible.</p>	<p><u>Stretch Fest</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>Animal Walks</u> Walk around your room, mimicking the style of various animals.</p> <p>Start with 5 different animals for 30 second each but do as many as you like!</p> <p>Here are some ideas to get you started:</p> <ul style="list-style-type: none"> ○ Bear ○ Crab ○ Elephant ○ Frog ○ Horse ○ Spider 	<p><u>Standing Long Jump</u> Stand on two feet then jump forward. Land squatting with your feet beside each other and hands in front.</p> <p>You can see a quick video here. Repeat 5-10 times.</p> <p><i>Next</i>, stand on two feet and jump forward three times in a row (think bunny hops). Jump as far as possible. Repeat 5 times.</p> <p><i>Finally</i>, jump with two feet as fast as you can from Point A to Point B. Repeat 5 times.</p>	<p><u>Yoga</u> Do some easy poses 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