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!

<table>
<thead>
<tr>
<th>Workout Option #1</th>
<th>Warm Up</th>
<th>Main Activity</th>
<th>Cool Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dynamic Drills</td>
<td>Do the below exercises across an open area for 15 – 30 seconds each:</td>
<td>Scissor Kick High Jump</td>
<td>Stretch Fest</td>
</tr>
</tbody>
</table>
|                   | o Walk on Toes Forward  
o Walk on Heels Forward  
o Walk on Toes Backward  
o Walk on Heels Backward  
o Walk with High Kicks  
o Skip with Arm Circles  
o Sideways Jumping Jacks  | Place a pool noodle on the floor and stand beside it. Lifting the leg closest to it, step over the noodle. Repeat 3 times. Have a partner lift the noodle off the ground to increase the difficulty. | Do some easy stretches for 3-5 minutes. Hold each poses for 15-30 seconds. |
|                   | Next, take 3 walking steps towards the noodle before stepping over it. Repeat 3 times. | Finally, jog towards the noodle before stepping over it. | Pick your favourites or follow this video.  |
|                   | You can see a quick video here. Repeat 5-10 times, lifting the noodle higher each time. | |
|                   | | | |
### Warm Up

**Body Circles**  
Move each of the following body parts in circles 10 times:
- Neck (Semi Circle)
- Shoulders
- Arms
- Hips
- Knees
- Right Ankle
- Left Ankle

### Main Activity

**Ball Throws**  
Standing up, holding a basketball with both hands over head. On the count of “3” throw the ball as far forward as you can, then run and retrieve it. Repeat 5 times.

Next, hold the ball down between your legs before throwing it forward. Repeat 5 times.

Finally, hold the ball far to your side before throwing it forward. Repeat 5 times with each side.

### Cool Down

**Upper Body Stretches**  
Do some easy stretches for 3-5 minutes. Hold each position for 30 seconds.

*Pick your favourites or follow this video.*

### Workout Option

#### #2

**Dynamic Drills**  
Do the below exercises in place or across an open area for 15 – 30 seconds each.

Focus on doing all of these drills with high knees:
- Marching
- Bum Kicks
- Skips
- Lunges
- Run

**Clean Up Race**  
Spread easily grabbed objects around the perimeter of a room or park. Stand in the center with a basket beside you.

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.

Modification: Pick up items by order of their colour OR by their location in the room.

**Stretch Fest**  
Do some easy stretches for 3-5 minutes. Hold each poses for 15-30 seconds.

*Pick your favourites or follow this video.*
**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.