



RunJumpThrowWheel

Home Edition: Week 6

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	<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 ○ Skip with Arm Circles ○ Walk on Toes Backward ○ Walk on Heels Backward ○ Sideways Jumping Jacks ○ Walk with High Kicks 	<p><u>Hop Scotch</u> Place 10 markers around a room. Make sure they are jumping distance apart.</p> <p>First, jump to each marker, using two foot hops.</p> <p>Next, jump to each marker using alternating steps (left, right, left, right).</p> <p>Next, jump to each marker using just your left foot.</p> <p>Finally, jump to each marker using just your right foot.</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>

	Warm Up	Main Activity	Cool Down
<p>Workout Option #2</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>Hurdles</u> Make your own hurdles! Learn how here, here, or here.</p> <p>Once you’ve made your hurdles, set them up 1 meter apart and walk over them. Repeat this 4 times.</p> <p>Next, move the hurdles 5-10m apart so that you can jog over them. Repeat this 4 times.</p> <p>Finally, run over them at full speed. Repeat this 5-10 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>
<p>Workout Option #3</p>	<p><u>Body Circles</u> Move each of the following body parts in circles 10 times:</p> <ul style="list-style-type: none"> ▪ Neck (Semi Circle) ▪ Shoulders ▪ Arms ▪ Hips ▪ Knees ▪ Right Ankle ▪ Left Ankle 	<p><u>Circuit Training</u> Do each of the below exercises 10-15 times:</p> <ul style="list-style-type: none"> ○ Jumping Jacks ○ Squats with Flat Feet ○ Push Ups ○ Star Jumps ○ Sit Ups ○ Rocket Jumps <p>Take a break then try it again. Go as many times as you want!</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.