



RunJumpThrowWheel

Home Edition: Week 9

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>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>Sprint Circuit</u> Set up 4 cones around a room. On “Go” run to the first cone and do an exercise for 10 seconds.</p> <p>Once finished, run to the next cone and do a different exercise. Repeat until you’ve run to all 4 cones.</p> <p>Exercises you can try are:</p> <ul style="list-style-type: none"> ○ Jumping Jacks ○ Squats with Flat Feet ○ Star Jumps ○ Sit Ups ○ Rocket Jumps <p><i>Modification:</i> Try running backwards or sideways!</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>Scissor Kick High Jump</u> Here is a video of scissor kick.</p> <p>First, place a pool noodle on the floor and stand beside it. Lifting the leg closest to it, step over the noodle. Have a partner lift the noodle higher off the ground to make it harder.</p> <p>Next, take 3 walking steps towards the noodle before stepping over it.</p> <p>Finally, jog towards the noodle before stepping over it. Lift the noodle higher after each jump.</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>Animal Walks</u> Walk around your room, mimicking the style of your favourite animals for 30 seconds each!</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>Ball Throws</u> Hold a round ball over your head with both hands. On “Go” throw the ball as far as you can, then run and retrieve it. Repeat 5 times.</p> <p><i>Modification</i> Try throwing the ball: 1) Backwards over your head 2) Backwards between your legs 3) Forward between your legs 4) Sideways from your hip.</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.