



RunJumpThrowWheel

Home Edition: Week 1

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>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>Clean Up Race</u> Spread a bunch of 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>Modification: 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 position for 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> <ul style="list-style-type: none"> ○ March ○ Bum Kicks ○ High Kicks ○ Skips ○ High Knees 	<p><u>Resistance Runs</u> Time how fast you can run from Point A to Point B.</p> <p>Now with a partner holding a resistance band around your waist, repeat the run up to 10 times.</p> <p>On your last run, go without the resistance. See if you can be as fast as when you started.</p> <p>Hint: Pool noodles or towels make awesome resistance bands!</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>Dance Party</u> Turn on a great song and show off your favourite dance moves for 3 – 5 minutes.</p> <p>If you need some inspiration, you can learn the steps to the Cupid Shuffle!</p> <p>Learn the dance steps here.</p> <p>Listen to the song here.</p>	<p><u>Run/Walks – Distance Edition</u> Go for a leisurely jog. When you're tired, walk for a bit to recover, then begin running again.</p> <p>See if you can run a full 60 seconds before walking. Walk for 30-60 seconds then start running again. Repeat as many times as you like.</p> <p>Modification: Adjust the times to suit your abilities.</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>