



RunJumpThrowWheel

Home Edition: Week 10

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>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.</p> <p>Next try while kneeling, using your empty hand to point where you’re trying to throw. Repeat 3-5 times with each arm.</p> <p>Now do the same from a standing position.</p>	<p><u>Upper Body Stretches</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> <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>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 Macarena!</p> <p>Learn the dance steps here.</p> <p>Listen to the song here.</p>	<p><u>Jump Rope</u> Using a jump rope, practice skipping on two feet.</p> <p>To track how long you go, use a jump rope rhyme. Pick your favourite or use one of the ones here.</p> <p>Next, try skipping with alternating feet. Watch a video showing how here.</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.