



# RunJumpThrowWheel

## Home Edition: Week 4

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
<b>Workout Option #1</b>	<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"> <li>○ Walk on Toes Forward</li> <li>○ Walk on Heels Forward</li> <li>○ Walk on Toes Backward</li> <li>○ Walk on Heels Backward</li> <li>○ Walk with High Kicks</li> <li>○ Skip with Arm Circles</li> <li>○ Sideways Jumping Jacks</li> </ul>	<p><u>Scissor Kick High Jump</u> 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.</p> <p>Next, take 3 walking steps towards the noodle before stepping over it. Repeat 3 times.</p> <p>Finally, jog towards the noodle before stepping over it. <a href="#">You can see a quick video here.</a> Repeat 5-10 times, lifting the noodle higher each time.</p>	<p><u>Stretch Fest</u> Do some easy stretches for 3-5 minutes. Hold each poses for 15-30 seconds.</p> <p><a href="#">Pick your favourites or follow this video.</a></p>

	Warm Up	Main Activity	Cool Down
<p><b>Workout Option #2</b></p>	<p><u>Body Circles</u> Move each of the following body parts in circles 10 times:</p> <ul style="list-style-type: none"> <li>▪ Neck (Semi Circle)</li> <li>▪ Shoulders</li> <li>▪ Arms</li> <li>▪ Hips</li> <li>▪ Knees</li> <li>▪ Right Ankle</li> <li>▪ Left Ankle</li> </ul>	<p><u>Hula Hoop Throws</u> Standing up, hold a hula hoop in one hand. Hold your arm straight out beside you, so that the hula hoop is parallel to the floor. On the count of “3” fling the hoop forward, then run and retrieve it. Repeat 5 times, with each arm.</p> <p>Now try again, this time doing a small spin before flinging the hoop. <a href="#">You can see a quick video here.</a> Repeat 5 times with each arm.</p>	<p><u>Upper Body Stretches</u> Do some easy stretches for 3-5 minutes. Hold each position for 30 seconds.</p> <p><a href="#">Pick your favourites or follow this video.</a></p>
<p><b>Workout Option #3</b></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"> <li>○ Marching</li> <li>○ Bum Kicks</li> <li>○ Skips</li> <li>○ Lunges</li> <li>○ Run</li> </ul>	<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 poses for 15-30 seconds.</p> <p><a href="#">Pick your favourites or follow this video.</a></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