



RunJumpThrowWheel

Home Edition: Week 5

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 ○ Walk on Toes Backward ○ Walk on Heels Backward ○ Walk with High Kicks ○ Skip with Arm Circles ○ Sideways Jumping Jacks 	<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. You can see a quick video here. 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>Pick your favourites or follow this video.</p>

	Warm Up	Main Activity	Cool Down
<p>Workout Option #2</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>Ball Throws</u> Standing up, holding a basketball with both hands over head. On the count of “3” throw the ball as far forward as you can, then run and retrieve it. Repeat 5 times.</p> <p>Next, hold the ball down between your legs before throwing it forward. Repeat 5 times.</p> <p>Finally, hold the ball far to your side before throwing it forward. Repeat 5 times with each side.</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>
<p>Workout Option #3</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>Clean Up Race</u> Spread 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 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.