



RunJumpThrowWheel

Home Edition: Week 7

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 ○ Skip with Arm Circles ○ Walk on Toes Backward ○ Walk on Heels Backward ○ Sideways Jumping Jacks ○ Walk with High Kicks 	<p><u>Long Jump</u> Stand on two feet then jump forward. Land like you're riding a motorcycle (squatting with your feet beside each other and hands in front). You can see a quick video here. Try this 5-10 times.</p> <p><i>Next</i>, take one step then jump forward. Still land like you're riding a motorcycle. Try this 5 times with each leg.</p> <p><i>Finally</i>, take three steps then jump forward. Land the same way. Try this 5 times with walking steps, then 5 times with jogging steps.</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>Starts</u> Lie on your stomach. On the count of “3”, jump up and run from Point A to Point B as fast as you can. Repeat 3 times.</p> <p>Now, try from these other positions:</p> <ul style="list-style-type: none"> ○ Lying on your back ○ Sitting cross legged ○ Kneeling ○ Lunging <p>Modification: Position yourself facing away from Point B.</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>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>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.