



RunJumpThrowWheel

Home Edition: Week 8

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>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>Hop Scotch</u> Place 10 markers around a room. Make sure they are jumping distance apart.</p> <p>First, jump to each marker, using two foot hops.</p> <p>Next, jump to each marker using alternating steps (left, right, left, right).</p> <p>Next, jump to each marker using just your left foot.</p> <p>Finally, jump to each marker using just your right foot.</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>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>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>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.</p> <p>You can see a quick video here. Repeat 5 times with each arm.</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.