

**7<sup>th</sup> PE**

May 4 - 8

**COACH TREJO****STUDENT NAME:** \_\_\_\_\_**Workout Overview**

<b>Date</b>	<b>Workouts</b>
Monday, May 4	1. 1 Mile Jog <i>OR</i> 2. 10-minute Jog
Tuesday, May 5	1. Full body circuit workout (Minor Assessment Day)
Wednesday, May 6	1. Buddy Run
Thursday, May 7	1. Plank Max
Friday, May 8	1. Active Play

**Additional Notes:**

If any questions/concerns please don't hesitate to reach out to be by email at [Jonpaul.Trejo@greatheartsnorthernnoaks.org](mailto:Jonpaul.Trejo@greatheartsnorthernnoaks.org)

**Athlete Honesty**

I certify that I completed these workouts to the best of my ability and by holding myself up to a standard of excellence.

*Student signature:*

\_\_\_\_\_

I certify that my child completed these workouts in compliance with a high standard of excellence.

*Parent signature:*

\_\_\_\_\_

**MINOR ASSESSMENT SIGN OFF:** \_\_\_\_\_

## **Monday, May 4**

2 options to choose from:

**Option 1:** Jog for 1 mile with your time being tracked in notebook. Please do not worry about the reflections yet. *As you work-out, focus on:*

1. Try to minimize walking try to push yourself towards excellence
2. Focus on form
3. Excellent Posture (meaning no hand on knees)

**Option 2:** 10 min jog. *As you work-out, focus on:*

1. Try to minimize walking try to push yourself towards excellence
2. Focus on form
3. Excellent Posture (meaning no hand on knees)

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## **Tuesday, May 5 (Minor Assessment)**

Full Body Circuit workout (8 min): If you need to rest use your own prudence by resting 10-30 seconds after each workout. But do try to push yourself by completing the workout without any rest.

*Please have a family member watch you complete this assessment. When you complete it, have the family member sign at the MINOR ASSESSMENT SIGN OFF section at the beginning of the packet.*

1. 1 Min Push-ups
2. 1 Min Squat Jumps
3. 1 Min Calf Raises
4. 1 Min Plank Holds
5. 1 Min Push-ups
6. 1 Min Squat Jumps
7. 1 Min Calf Raises
8. 1 Min Plank Holds

### **Key points to focus on during this workout**

- a. Push-up form (All the way up & down)
- b. Head down during Push-ups

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## **Wednesday, May 6**

Buddy Run (5-10 min) & Choose what time is best for you workout 5 or 8 minutes

1. 10 push-ups
2. 25 jumping jacks
3. 10 Squat Jumps
4. 10 Burpees
5. When 1:30 to 1 Min is left of the workout please sprint down and back just like we did in class

### **Key points to focus on during this workout**

- a. Create 25-50 feet of space, The start point is where you begin running the end point is where you do the workout and run back.
  - b. If you do not have a buddy rest for 10 seconds before entering the next exercise. If you do have a buddy rest while he/she is running and working out until you're high fived continue the next workout.
  - c. EXCELLENT Push-up Form
  - d. EXCELLENT Posture (ex: No putting hands over the knees)! If you catch yourself doing this or someone catches you with poor posture, please do 5 push-ups for each time as a consequence.
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### **Thursday, May 7**

Hold a plank for as long as you can.

**Key points to focus on during this workout**

- a. Straight body
  - b. Head Forward
  - c. You may go to a T/Table plank
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### **Friday, May 8**

1. Do anything active ex: basketball with family, baseball, kickball, volleyball, dance, tag, team handball, etc.
2. Minimum time for this active play should be 10 min

**Key points to focus on during this workout**

- a. Have **FUN** with **FAMILY**
- b. **BE SAFE**
- c. Continue with Excellent Posture.
- d. **IF POOR POSTURE** is caught do 5 push-ups