



JOIN THE HSS PE @ Home RUN & BIKE CLUB

Week 4

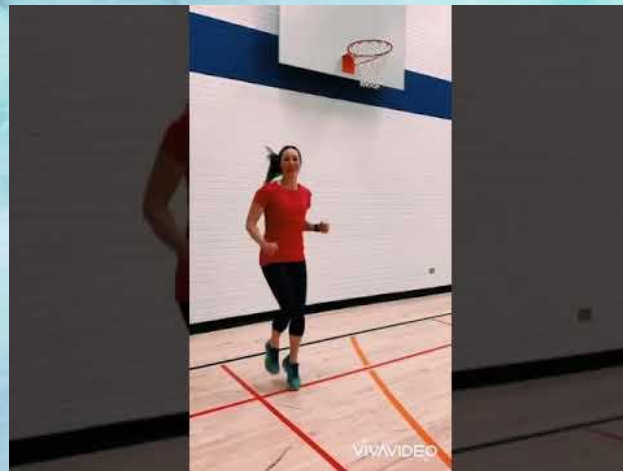


KODIAK PE @ Home APR. 20TH

- **MOTIVATIONAL MONDAY:** “THE ONLY ONE WHO CAN MAKE YOU FITTER & STRONGER IS YOU! PUSH YOURSELF TO BE BETTER.” ~ MR.S J
- **SIGN-UP FOR THE** [PE @ Home HSS RUN & BIKE CLUB](#)
- **SPORT NUTRITION RECIPE:** [OVERNIGHT OATS](#)
- **CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? TIME YOURSELF AND** [EMAIL](#) **me OR SHARE AT** [KODIAK PE @ Home.](#)
- **Game of the Week: BUILDERS & BULLDOZERS**
 - Use plastic cups, stuffed animals or any object that you have that can be knocked over and stood up again.
 - Put all the items standing upright.
 - Players run around and knock them all down.
 - Time how long it takes. Set them back up and do it again trying to beat the first time.
 - Make it competitive by knocking down your opponents objects while trying to protect your items. Make it harder by using different areas of the house, or a soft ball to knock objects over.



MRS. JOHNSON'S WORKOUT OF THE WEEK - ANIMAL BLAST! DO IT WITH ME. TRY TO DO 2 OR 3 SETS.





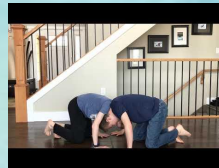
YOUR HEART IS IMPORTANT - WORK IT!

Week 3

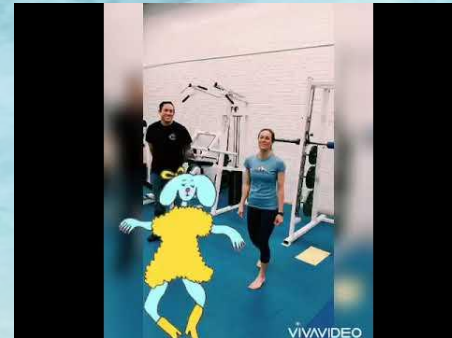


KODIAK PE @ Home APR. 6TH - GYMNASTICS!

- **MOTIVATIONAL MONDAY:** NOW IS THE TIME TO SET FITNESS GOALS! IS IT A TIME GOAL, DISTANCE GOAL, STRENGTH RELATED OR COMMITMENT GOAL...BIG OR SMALL DO IT FOR YOURSELF TO BE BETTER THAN BEFORE.
- **Game of the Week: FNMI MUSK-OX FIGHT**
 - Interlock head with hands and knees on the ground
 - The goal is to uproot the opponent or push them over the line
 - Knees and hands cannot come off the ground
 - The person who pushes or uproots the other person over the line wins.
- **SPORT NUTRITION RECIPE:** HIGH PROTEIN PANCAKES
- **CHALLENGE!** CAN YOU EMAIL OR SHARE AT KODIAK PE @ Home. A PICTURE OR VIDEO OF A STUNTNASTICS ROUTINE (REMEMBER SAFETY FIRST). See OUTLINED GYMNASTICS IDEAS.
- **JUST DANCE:** DYNAMITE
- **LOOKING FOR AN AWESOME DAILY FITNESS WORKOUT FOR KIDS?** TRY PE WITH JOE. EACH WORKOUT IS 30 MINS! ZAP THE HEART!



MRS. JOHNSON'S GYMNASTIC SKILLS LESSON...PRACTICE YOUR SKILLS AND FOLLOW ALONG.



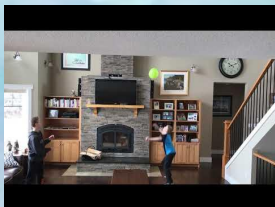


JUST KEEP MOVING



KODIAK PE @ Home MAR.30TH

- **MOTIVATIONAL MONDAY QUOTE: "WORKOUTS FEAR ME!" ~ ZEUS FITNESS**
- **GAME OF THE WEEK: BALLOON VOLLEYBALL**



*Use a piece of furniture as a net.
You're allowed two touches, earn a
point when the ball hits the
opponent's side. Have fun!*



- **SPORT NUTRITION RECIPE: ENERGY BOMBS**
- **CHALLENGE! CAN YOU EMAIL OR SHARE AT KODIAK PE @ Home. A
PICTURE OR VIDEO OF YOURSELF WORKING OUT WITH A PANTRY
ITEM? See EXAMPLE**
- **JUST DANCE: HIGH HOPES**
- **MRS. JOHNSON'S WORKOUT OF THE WEEK...FOLLOW ALONG!**



MRS. JOHNSON'S WORKOUT OF THE WEEK:

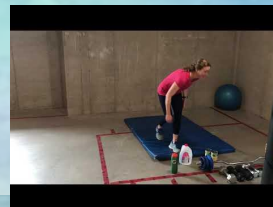
WARM-UP: 30 sec JOG ON THE SPOT, 10 OF EACH JUMPING JACKS, LUNGE WITH TWIST, SQUATS, KNEE SKIPS, HIP CIRCLES, ARM CIRCLES

EQUIPMENT: MILK JUG FILLED WITH H2O = 10LBS, 2 CANS

MAIN WORKOUT: COMPLETE 2 OR 3 SETS

- CURTSEY SQUATS WITH LATERAL RAISE 10 EACH SIDE
- 10 SQUATS WITH HOMEMADE KETTLEBELL, 10 JUMP SQUATS
- PLANK HOLD WITH KNEE CRUNCH 20
- LUNGE WITH ROW 10 EACH SIDE
- WALL HANDSTAND OR PUSH-UPS 10-2- SECS
- SIDE LUNGE WITH BICEP CURL 10 EACH SIDE
- CRUNCHES 40

REPEAT!





INSTANT ACTIVITIES



THIS WEEKS IDEAS

- **FOLLOW ALONG DANCE VIDEOS**
DPA JUST DANCE - THANKS 5C DANCE SQUAD
- **GET OUTDOORS: WALK, HIKE, RUN, PLAY**
- **CONCEPT VIDEO FOR ELEMENTARY STUDENTS: FITNESS**
- **LITTLE SPORTS DAILY EXERCISES**
- **MRS. JOHNSON WORKOUT OF THE WEEK. See demo BELOW AND SIDE BAR.**



MRS. JOHNSON'S WORKOUT OF THE WEEK:

COMPLETE 2 SETS:

- **1 minute JOG ON THE SPOT**
- **PLANK HOLD 30 sec-1 min**
- **SQUATS 15**
- **LUNGES 10 EACH SIDE**
- **JACK SQUATS 10**
- **SIDE PLANK 30 sec EACH SIDE**
- **JUMPING JACKS 20**
- **CRUNCHES 30**
- **MOUNTAIN CLIMBERS 30 secs-1 min**
- **SKI JUMPS 20 (10 EACH SIDE)**
- **STRETCHING**