

# The Ward Physical Education Department has a Google Classroom now. If you'd like to join our digital journey, the class code is ZSU0S7X (That's an O like Oliveira).

Here are 2 options for this week. Exercises should be done at least every other day with an adult. Make sure that your area is free and clear of all objects in order to move safely. It's good to take a walk outside when the weather is nice.

## Fitness Deck Challenge

(deck of playing cards needed)

**Safety- Make sure that your area is free and clear from any objects and that you are supervised by an adult**

Shuffle and stack the playing cards face down in one pile. Your challenge is to try to get as far through the deck as possible. Take as many breaks as needed (breaks should only be 1-2 minutes). There are 4 types of cards (red hearts, red diamonds, black spades and black clubs). Each type has been given a fitness exercise linked to it, see below. As you turn cards over, you must perform that type of exercise for the amount of times listed on the card. Pick one exercise for the card selected. (For example: turning over the 4 of hearts would mean you got a Cardio card (pick one of the exercises shown below that is listed next to cardio. You must do that exercise 4 times). This activity can be played with multiple players.

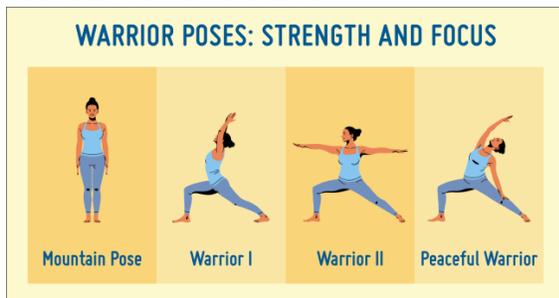
**RED HEARTS** = Cardio (burpees, high knees, jumping jacks)

**RED DIAMONDS**= Strength (shoulder taps or push-ups, squats, crab kicks)

**BLACK SPADES**= Core Training (crunches, plank hold (count to the # shown), bicycles)

**BLACK CLUBS**= Flexibility (warrior pose, downward facing dog, tree pose)

count to the # on the card



**Downward facing dog**



## Tree pose

**Here is another option if you do not have a deck of cards**

**Warm up exercises do each one 30-45 seconds (Do exercises 1-6 rest for 2 minutes and then repeat again)**

1. Jumping Jacks
2. Arm Circles
3. High Knees in Place
4. Shoulder Taps or Push-Ups
5. Ski Jumps (side to side)
6. Crab Kicks

**Balancing – Try to count as high as you can or you can stop at 30.**

1. Use 3 body parts to balance your body
2. Now use 3 **DIFFERENT** body parts
3. 4 body parts
4. 2 **DIFFERENT** body parts
5. Sit down criss-cross and try to stand up without using your hands
6. Go from standing to sitting criss-cross without use of your hands
7. Hold a plank