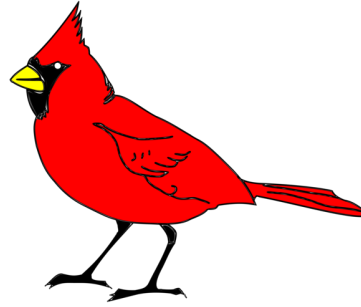


Coach Baker's HOME HUSTLE



My email: katiebaker@re3j.com

Although we are not in the school building, there are still MANY ways in which we all can stay physically active! I have designed a SUPER FUN challenge and workout sheet to stand in place of our time together in the classroom. Please complete 3 challenges and 2 workouts per week and submit the reflection assignment to your PE google classroom by **Friday of Each Week We are Remote Learning.**



Coach Baker's - HOME HUSTLE (Challenge)
Cardinal Community Academy



—	—	—	—	—	—	—
Health Challenge: Drink at least 7 cups of water today.	Bonus Challenge: Watch your favorite show on TV. Do an exercise during each commercial.	Family Challenge: Who can hold a plank the longest?	Movement Challenge: Run in place for 30 seconds in every room in your home.	Superman Challenge: Lay on the ground and extend arms and legs for 1 minute. Repeat 3x	Family Challenge: Who can do the most pushups in your family?	Burpee Challenge: How many burpees can you get in 1 minute?
—	—	—	—	—	—	—
Creative Challenge: Make up a game that involves a ball and play with a family member or friend.	Movement Challenge: Do a bear crawl from room to room in your home. Can you do it without stopping?	Bicycle Challenge: Lay on your back pedal the bicycle for 1 minute. Repeat 3x	Bonus Challenge: No TV. Go the entire night without watching any television.	Family Challenge: Play hide and go seek with your family and friends.	Scavenger Challenge: Make a list of 10 items in your home and see who can gather all of them first.	Family Challenge: Dance to your favorite song. See who has the best dance moves!
—	—	—	—	—	—	—
Health Challenge: Help your family cook a healthy meal together. When you are done, clean up the dishes.	Creative Challenge: Make up your own fitness challenge. Challenge your family members!	Bonus Challenge: Use blankets and pillows to create a fort in your room and then do exercises inside.	Stair Challenge: Find stairs and go up and down as many times as you can.	Family Challenge: See who can do the most sit-ups in your family.	Movement Challenge: Do a crab walk from room to room in your home. Can you do it without stopping?	Creative Challenge: Create a fitness log/journal and log at least 60 minutes of physical activity?
—	—	—	—	—	—	—
Health Challenge: Help clean the germs in at least one room in your home.	Health Challenge: Eat a food from each food group (fruits, vegetables, grain, protein, and dairy).	Family Challenge: See who can do the longest wall sit in your family.	Movement Challenge: Go outside for a 20 minute walk.	Bottle Flip Challenge: While holding a plank position, successfully flip a bottle 10 times.	Movement Challenge: Run 6 laps around your home. How fast did you do it? This can go in your log.	Movement Challenge: Find 10 yoga poses online and perform each one for 1 minute each.
—	—	—	—	—	—	—
Family Challenge: Go outside and play catch with a family member or friend for at least 20 minutes.	Creative Challenge: Create your own unique fitness challenge and do it.	Scavenger Challenge: Do a scavenger hunt that you either find or create.	Family Challenge: See who can do the most burpees in 30 seconds.	Survival Challenge: Find a survival method and try it. WITH PERMISSION	Creative Challenge: Create new dance move.	Health Challenge: Try a new superfood.

DO THE CHALLENGE

Pick 3 challenges to complete.

COMPLETE REFLECTION FORM

Return on google classroom to your homeroom teacher every Friday. You are only required to do 3. You can do

Coach Baker's - HOME HUSTLE (Workout)

Cardinal Community Academy



<p>—</p> <p>Tabata- 20 secs work 10 secs rest Jumping Jacks, High Knees, Butt Kickers, Ice Skaters</p>	<p>—</p> <p>3 minute stretching 5 squats 10 second plank 5 push-ups 15 jumping jacks 3 minute stretching</p>	<p>—</p> <p>21-15-9-6-3 Scissors Burpees Lunges</p>	<p>—</p> <p>3 minute stretching 10 squats 15 second plank 10 push-ups 20 jumping jacks 3 minute stretching</p>	<p>—</p> <p>6 Minute Push Each movement 1 min Supermans, Jump Squats, Sit Ups, Plank Walk, Bicycles, Rest 2 Rounds</p>	<p>—</p> <p>3 minute stretching 10 squats 20 second plank 10 push-ups 20 jumping jacks 3 minute stretching</p>	<p>—</p> <p>6 Minute Abs Each Movement 1 min. Crunches, Situps, Russian Twist, Plank Step Outs, V Ups, Ankle Touches</p>
<p>—</p> <p>Just Dance 15 Minutes</p>	<p>—</p> <p>3 minute stretching 15 squats 25 second plank 15 push-ups 25 jumping jacks 3 minute stretching</p>	<p>—</p> <p>How Long Can You Go Minute 1 do 1 Burpee Minute 2 do 2 Burpees MMinute 3 do 3 Burpees Continue until you can't beat the minute.</p>	<p>—</p> <p>3 minute stretching 20 squats 30 second plank 20 push-ups 30 jumping jacks 3 minute stretching</p>	<p>—</p> <p>Run a Mile</p>	<p>—</p> <p>3 minute stretching 20 squats 35 second plank 20 push-ups 30 jumping jacks 3 minute stretching</p>	<p>—</p> <p>Bring Sally Up with Squats https://www.youtube.com/watch?v=zI_alc57XGU</p>
<p>—</p> <p>3 minute stretching 25 squats 40 second plank 25 push-ups 35 jumping jacks 3 minute stretching</p>	<p>—</p> <p>Every Minute 10 High Knees 15 Butt Kickers 20 jumping jacks Go until you can't beat the minute.</p>	<p>—</p> <p>3 minute stretching 25 squats 45 second plank 25 push-ups 35 jumping jacks 3 minute stretching</p>	<p>—</p> <p>Walk for 15 minutes</p>	<p>—</p> <p>3 minute stretching 30 squats 50 second plank 30 push-ups 40 jumping jacks 3 minute stretching</p>	<p>—</p> <p>Down and Back 50 Sec Mountain Climbers 40 Sec Flutter Kicks 30 Sec Banana 20 Sec Sit Ups 10 Sec Cross Leg Mountain Climbers</p>	<p>—</p> <p>3 minute stretching 30 squats 35 second plank 30 push-ups 40 jumping jacks 3 minute stretching</p>
<p>Feel Free to Create Your Own. Shoot for 15 Minutes.</p>						
<p>I did not put stretching in all of these but PLEASE STRETCH.</p>						

Pick **2** workouts to complete.

Return on google classroom to me every Friday. You are only required to do 2 workouts but I left room on there if you wanted to do more.