Welcome to Aspen P.E.

Coach Carlsen

Zoom Link:

Intro of the Day:

Quote of the Day:

Warm-up:

Skills:

Activity:

Aspen P.E. Remote Learning

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Aug 31-Sept 4th Team Building **Equipment Needed:** **Mon:** -Small room to running in a circle, and do exercise. **Tue:** -Paper -Crayons **Wed:** -Towel -Shoe	Intro: Mr. Carlsen PE/Health: Field Day Saftey Covid: Quote: Wake -up Shake-up: -1 song jog around carpet. . Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: - Sit-ups (3 sets of 10)	Intro: Team Building W.U.S.U.: -1 song jog around carpet. Lower: -Squats -Lunges (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) Activity: -Behind the Mask	Quote: W.U.S.U.: -1 song jog around carpet. Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: - Sit-ups (3 sets of 10) Activity: -Towel Flip -Shoe Challenge	Quote: W.U.S.U.: -1 song jog around carpet. Lower: -Squats -Lunges (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) Activity: -Scavenger Hunt Challenge	Quote: W.U.S.U.: -1 song jog around carpet. Upper: - J-Jacks - Push-ups (1 sets of 10) Lower: -Squats -Lunges (1 sets of 10) Abs: - Sit-ups -Leg Lifts (1 sets of 10) Activity: -Would u Rather

Day: Fri Date: 9-18-2020

Body Group	Workout	Time / Reps Goal / Actual
Warm-up	1 Song Jog mins 3:44	**Goal / Actual** 3:44
Upper	SS Incline Push-ups TL -High Knees -Mountain Climbers -Burpee -Squats	
Ab's (Core)	**Plank 30 sec hold** **Superman** **Superman R** **Superman L**	
Beat the Teacher (30 sec. Challenge)	**Incline Push up** Teacher /Student /	

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Week 2 Sept 7th-11th **Fitness Log** **Equipment Needed:** -Note book and pencil.	Not in Attendance Day	Intro: Fitness Log Basic Log Book: W.U.S.U.: Lower: -Mountain Climbers -Squats -Lunges (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) Beat the Teacher: -Mountain Climbers -Squats -Lunges -Leg Lifts	Quote: Log Book W.U.S.U.: -2 song jog around carpet. Change directions each song. Upper: -ABC push-ups - J-Jacks - Push-ups (3 sets of 10) Abs: -Plank (3 sets of 10) Beat the Teacher: -ABC push-ups --ups J-Jacks - Push	Quote: Log Book W.U.S.U.: Lower: -Mountain Climbers -Squats -Lunges (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) Beat the Teacher: -Mountain Climbers -Squats -Lunges -Leg Lifts	Quote: Log Book W.U.S.U.: -1 song jog around carpet. Upper: -ABC push-ups - J-Jacks - Push-ups (1 sets of 10) Lower: -Mountain Climbers -Squats -Lunges (1 sets of 10) Abs: -Plank -Leg Lifts (1 sets of 10) Kids Challenge 10/10 challenge

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 Sept 14th-18th **Fitness Log** **Equipment Needed:** -Note book and pencil.	Quote: Log Book W.U.S.U.: -2 song jog Upper: -Shoulder stretches -30 SEC HOLD R/L -Incline push up -Lower Back Extension (3 sets of 10) Abs: -Superman (3 sets of 10) Beat the Teacher: -Shoulder stretches -Incline push up -Lower Back Extension	Quote: Log Book W.U.S.U.: Lower: -High Knees -Mountain Climbers -Burpee -Squats (3 sets of 10) Abs: -Crunches (3 sets of 10) Beat the Teacher: -High Knees -Mountain Climbers -Burpee -Squats	Quote: Log Book W.U.S.U.: -2 song jog Upper: -Shoulder stretches -Incline push up -Lower Back Extension (3 sets of 10) Abs: -Superman (3 sets of 10) Beat the Teacher: -Shoulder stretches -Incline push up -Lower Back Extension	Early Release Quote: Log Book W.U.S.U.: Lower: -High Knees -Mountain Climbers -Burpee -Squats (3 sets of 10) Abs: -Crunches (3 sets of 10) Beat the Teacher: -High Knees -Mountain Climbers -Burpee -Squats	Quote: Log Book W.U.S.U.: -1 song jog Upper: -Shoulder Stretch -Incline push up -Lower Back Extension (1 sets of 10) Lower: -High Knees -Mountain Climbers -Burpee -Squats (1 sets of 10) Abs: -Superman -Crunches Kids Challenge 10/10 challenge

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 Sept 21st- 25th Practice Fitness Testing **Equipment Needed:**	**Intro: Shoulder Stretch** Flexibility: To move joint freely **Warm-Up:** Wake -up Shake-up: -Shoulders stretches **Fitness Test:** Shoulder Stretch **Fun Activity:** -Scavenger Hunt Challenge	**Intro: Sit-ups** Core strength: Your core stabilizes your body, allowing you to move in any direction as well as having proper balance. It helps prevents falls and supports your body. **Warm-Up:** W.U.S.U.: **Fitness Test:** Sit-up Test Sit-up Cadence **3-5th** 75 **1st-2nd** 30 (2 Sets) **Fun Activity:** Shoe Challenge 5,10,15,20,25,30	**Intro: Push -up** Muscular strength and muscular endurance. **Warm-Up:** W.U.S.U.: **Fitness Test:** **Push up Test** Push-up Cadence **3-5th** 60 **1st-2nd** 10 (3 sets) **Fun Activity:** Rock Paper Scissors Shoot	**Intro: Sit /Reach** Flexibility: To move joint freely **Warm-Up:** W.U.S.U.: **Fitness Test:** Sit and Reach Trunk Lift **Fun Activity:** Fav. Emoji	**Intro: Pacer** **Cardiovascular endurance** is how efficiently your heart, blood vessels, and lungs to supply oxygen rich blood to working muscles during physical activity (aerobic activity like walking, running, cycling or playing a sport) **Warm-Up:** W.U.S.U.: **Fitness Test:** **Pacer** Pacer Test **Fun Activity:** -Would u Rather

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5 Sept 28th -Oct 2nd **Football Throwing / Catching** **Equipment Needed:** **Mon:** Tennis ball or the gator ball that was in your PE bag **Fri:** A sheet of paper	Not in Attendance Day	**Warm-Up:** 1 song jog **Intro:** Football 2 weeks Agility ladder **Agility Ladders:** **(4 Sets Each)** -1in each -2 in each -2 up 2 down **Intro:** **Skills:**Ball Control Ball Control -25 hand stretch (Rubber band) -25 tennis ball squeezes R/L 25 catches high/low - 25 ball side to side -25 right leg R/L -25 left leg R/L -25 Around waist R/L -25 around waist, head, legs -Figure 8 between legs	**Warm-Up:** 1 song jog **Agility Drills**: -1in each -2 in each -2 up 2 down **Intro:** **Skills:** (Catching) **25 catches each** -Lie down 50 catches (Window Catch) - Standing 25 catches thumbs in 25 catches thumbs out 5 Catching Skills	**Warm-Up:** 1 song jog **Agility Drills**: -1in each -2 in each -2 up 2 down **Intro:** **Skills:** (Traveling while Catching) **25 catches each** -Step Slide Catch 25 catches (Rainbow underhand toss) -On Knees pump arms toss up 25 catches thumbs in 25 catches thumbs out 5 Catching Skills	**Warm-Up:** 1 song jog **Activity:** -Rules -How to make A paper flick football. -Paper Flick Football Game -NFL

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6 Oct 5th-9th **Football Throwing / Catching** **Equipment Needed:** Tennis ball or the gator ball that was in your PE bag	**Warm-up:** 1 song jog **Agility Drills:** -Side 2 in each -Hop in -Hop in Hop out **Skill:** Hand / Eye -25 1 hand toss up ball catch thumb in (Low catch)R/L -25 1 hand toss up ball catch thumb out (High catch) R/L -25 paper ball in 1 hand while catching a tennis ball w same hand	**Warm-up:** 1 song jog **Agility Drills:** -Side 2 in each -Hop in -Hop in Hop out **Skill:** Hand / Eye -25 right ball drop catch -25 left ball drop catch	**Warm-up:** 1 song jog **Agility Drills:** -Side 2 in each -Hop in -Hop in Hop out **Skill:** (Hand / Eye) (Catching) -25 each Right hands cross ball drop (Palm down) -25 each Left hand cross ball drop (Palm down) -25 Palm up R/L	**Warm-up:** 1 song jog **Agility Drills:** -Side 2 in each -Hop in -Hop in Hop out Review all skills of catching and Hand / Eye **Skill:** Throwing **Activity:** **Overhand throw** **Weekend fun** Paper Airplane Challenge	Teachers Institute

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7 Oct 12th- 16th **Soccer** **Equipment Needed:** Soccer Ball or any type of ball you can find. If no ball just get the mechanics down w your feet.	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Side to side (2 sets) -Up and down (2 sets) **Skills:** (Control Dribble) Side to side soft taps. (Trapping) Stopping the ball. **Activity:** -Side to side (sit down) -Up and down (sit down) -Up down L/R (cross standing) Dribble soccer ball side to side When you hear the whistle trap the ball.	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Triangle (2 sets) R/L -Square (2 sets) R/L **Review** **(Cross 1 foot)** Up down L/R Up down R/L (new) Down up R/L (new) Down up L/R (new) **New Skills:** (Control Dribble) (Tapping) (Double Taps) **Activity:** Dribble Freely 1 whistle Trap 2 whistles DT	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Side to side (2 sets) -Up and down (2 sets) **Review** **Skills:** (Control Dribble) (Trapping) (Double Taps) (Throw in) (Bell Dribble) **Activity:** 1 whistle Trap 2 whistles DT 3 Throw in Call out Bell	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Triangle (2 sets) R/L -Square (2 sets) R/L **Review** **Skills:** Control Dribble Side to Taps **Activity:** **Level** 1 Sit Down **Level 2** Standing **Level 3** (Vidieo) -Back a forth -Free	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Side to side (2 sets) -Up and down (2 sets) **Review** **Skills:** Control Dribble Laces **Activity:** -Back a forth -Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8 Oct 19th -23rd **Soccer** **Equipment Needed:** Soccer Ball or any type of ball you can find. If no ball just get the mechanics down w your feet/ or hands.	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Triangle (2 sets) R/L -Square (2 sets) R/L **Skills:** -Dribble (Bell) Sit/ Stand -Laces -Flick ball up -Throw in **Activity:** -Dribble (Bell) Sit/ Stand -Flick ball up -Throw in	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Side to side (4 sets) -Up and down (4 sets) **Review** **Skills:** - Knee Dribble 1x, 2x, 3x 4x R/L Knee **Activity:** - Knee Dribble 1x, 2x, 3x 4x R/L Knee	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Triangle (2 sets) R/L -Square (2 sets) R/L **Review** Mon/ Tue **Skills:** Pass/ Shoot **Activity:** -Pass/ Shoot	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Side to side (4 sets) -Up and down (4 sets) **Review** Mon / Tue / Wed **Skills:** **Soccer rules** **Activity:**	**Warm-up:** 1 Song jog **30 sec. Dot Drill:** -Triangle (2 sets) R/L -Square (2 sets) R/L **Review** Mon / Tue / Wed **Skills:** **Flick soccer** **Soccer flick** **Activity:**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9 Oct 26th-30th **Halloween Games Activities** **Equipment Needed:** **Tue** -Plastic Bag (Shopping bag) -Paper ball **Wed** -Shoes or 10 sheets of paper **Thur** -1 roll of TP **Fri** -1 Apple -1 Plate	**Warm-up:** 1 song jog Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) **Activity:** **Halloween Safty** -Scavenger Hunt **Tomorrow** Ghostbusters	**Warm-up:** 1 song jog Lower: -Mountain Climbers -Squats Abs: - Sit-ups (3 sets of 10) **Activity:** **I Spy** Ghostbusters **Tomorrow** **Would you Rather** Lava Monster	**Warm-up:** 1 song jog Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) **Activity:** **This or that Part 2** Lava Monster **Tomorrow** **Haunted House** Mummy Wrap	**Warm-up:** 1 song jog Lower: -Mountain Climbers -Squats Abs: - Sit-ups (3 sets of 10) **Activity:** **Haunted House** Mummy Wrap **Tomorrow** Apple Bobbing	**Warm-up:** 1 song jog Upper: - J-Jacks - Push-ups Lower: -Mountain Climbers -Squats Abs: -Leg Lifts - Sit-ups **Activity:** Coloring Contest Clue **Haunted Parade** Apple Bobbing

Halloween Coloring Contest

Email results to Mr. Carlsen @ carlsent@hawthorn73.org

Week 10 Nov 2-6th	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Cup Stacking **Equipment Needed:** -1 Set of Cup Stacks	**Warm-up:** 1 song jog Lower: -Squats -Mountain Climbers Abs: - Sit-ups (3 sets of 10) **Activity:** **Intro to Cup Stack** **3-1, 3-2 then 3-3-3** **-play song have then practice** **Challenge each row going across the screen** **-Start hands behind back**	**No School**	Covid Bus Safety **Bus Evac** **Bus on Side** ---------- Covid Bus Safety **Cartoon Safety** **Evac Safety**	**Early Release** **Warm-up:** 1 song jog Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) **Activity:** Free Time w Stacks Review Lesson 1	**Warm-up:** 1 song jog Lower: -Squats -Mountain Climbers Abs: - Sit-ups (3 sets of 10) **Activity:** **Review 3-3-3** **3-6-3** **Race**

	Monday	Tuesday	Wednesday	Thursday	Friday
Cup Stacking Nov. 9th-13th **Equipment Needed:** -1 Set of Cup Stacks	**Warm-up:** 1 song jog Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) **Activity:** **Cycle**	**Warm-up:** 1 song jog Lower: -Squats -Mountain Climbers Abs: - Sit-ups (3 sets of 10) **Activity:** **3-3-3** **Tournament**	**Warm-up:** 1 song jog Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) **Activity:** **3-6-3** **Tournament**	**Warm-up:** 1 song jog Lower: -Squats -Mountain Climbers Abs: - Sit-ups (3 sets of 10) **Activity:** **Cycle** **Tournament**	**Warm-up:** 1 song jog Upper: - J-Jacks - Push-ups (3 sets of 10) Abs: -Leg Lifts (3 sets of 10) **Activity:** 3-3-3 3-6-3 Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday
Flexibility Unit Nov. 16th-20th **Equipment Needed:** A Chair	Breathing **Stretches:** -Neck Rolls -Shoulder shrugs -Shoulder Circles -R/L arm side reach -Feet together hand to ground -Feet Apart -R over L -L over R -Hold Knee in front -Hold Foot in Back -Ankle rolls R/L **Activity: Day 1** **Neck and Shoulders** **Intro Stretches** **Ending calm**	Breathing **Stretches:** -Neck Rolls -Shoulder shrugs -Shoulder Circles -R/L arm side reach -Feet together hand to ground -Feet Apart -R over L -L over R -Hold Knee in front -Hold Foot in Back -Ankle rolls R/L **Activity: Day 2** **Flexibility for beginners** **Relax Lie down close your eye**	Breathing **Stretches:** --Neck Rolls -Shoulder shrugs -Shoulder Circles -R/L arm side reach -Feet together hand to ground -Feet Apart -R over L -L over R -Hold Knee in front -Hold Foot in Back -Ankle rolls R/L **Activity: Day 3** **Beginning Flow Yoga** **Relax Lie down close your eye**	Breathing **Stretches:** --Neck Rolls -Shoulder shrugs -Shoulder Circles -R/L arm side reach -Feet together hand to ground -Feet Apart -R over L -L over R -Hold Knee in front -Hold Foot in Back -Ankle rolls R/L **Activity: Day 4** **Power UP** **Hips Open**	Breathing **Stretches:** --Neck Rolls -Shoulder shrugs -Shoulder Circles -R/L arm side reach -Feet together hand to ground -Feet Apart -R over L -L over R -Hold Knee in front -Hold Foot in Back -Ankle rolls R/L **Activity: Day 5** **Flexibility** **Hips Open** **Slow Stretch**

My Workout Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

www.workout-calendar.com

30-DAY AB CHALLENGE

DAY 1 Situps: 15 Crunches: 5 Leg Raises: 5 Plank: 10s	**DAY 2** Situps: 20 Crunches: 8 Leg Raises: 8 Plank: 12s	**DAY 3** Situps: 25 Crunches: 10 Leg Raises: 10 Plank: 15s	**DAY 4** REST	**DAY 5** Situps: 30 Crunches: 12 Leg Raises: 12 Plank: 20s	**DAY 6** Situps: 25 Crunches: 15 Leg Raises: 15 Plank: 25s	**DAY 7** Situps: 40 Crunches: 20 Leg Raises: 20 Plank: 30s
DAY 8 REST	**DAY 9** Situps: 45 Crunches: 30 Leg Raises: 30 Plank: 35s	**DAY 10** Situps: 50 Crunches: 50 Leg Raises: 30 Plank: 38s	**DAY 11** Situps: 55 Crunches: 65 Leg Raises: 33 Plank: 42s	**DAY 12** REST	**DAY 13** Situps: 60 Crunches: 75 Leg Raises: 40 Plank: 50s	**DAY 14** Situps: 65 Crunches: 85 Leg Raises: 42 Plank: 55s
DAY 15 Situps: 70 Crunches: 95 Leg Raises: 42 Plank: 60s	**DAY 16** REST	**DAY 17** Situps: 75 Crunches: 100 Leg Raises: 45 Plank: 65s	**DAY 18** Situps: 80 Crunches: 110 Leg Raises: 48 Plank: 70s	**DAY 19** Situps: 85 Crunches: 120 Leg Raises: 50 Plank: 75s	**DAY 20** REST	**DAY 21** Situps: 90 Crunches: 130 Leg Raises: 52 Plank: 80s
DAY 22 Situps: 95 Crunches: 140 Leg Raises: 55 Plank: 85s	**DAY 23** Situps: 100 Crunches: 150 Leg Raises: 58 Plank: 90s	**DAY 24** REST	**DAY 25** Situps: 105 Crunches: 160 Leg Raises: 60 Plank: 95s	**DAY 26** Situps: 120 Crunches: 170 Leg Raises: 60 Plank: 100s	**DAY 27** Situps: 115 Crunches: 180 Leg Raises: 62 Plank: 110s	**DAY 28** REST
DAY 29 Situps: 120 Crunches: 190 Leg Raises: 62 Plank: 115s	**DAY 30** Situps: 125 Crunches: 200 Leg Raises: 65 Plank: 120s					