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 Safty 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: **Date:**

Body Group	Workout	Time / Reps Goal/ Actual
Warm-up		/
	_____ / / / _____ / / / _____ / / /	/ / /
	_____ / / / _____ / / / _____ / / /	/ / /
	_____ / _____ / _____ /	/
Notes:		

	Monday	Tuesday	Wednesday	Thursday	Friday
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 and Trunk lift** Flexibility: To move joint freely **Warm-Up:** **Fitness Test:** Shoulder Stretch Trunk Lift **Fun Activity:**	**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:** **Fitness Test:** Sit-up Test **Fun Activity:**	**Intro:** **Push -up** Muscular strength **Warm-Up:** **Fitness Test:** Push-up Test **Fun Activity:**	**Intro:** **Sit /Reach** Flexibility: To move joint freely **Warm-Up:** **Fitness Test:** Sit and Reach **Fun Activity:**	**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:** **Fitness Test:** Pacer Test **Fun Activity:**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5 Sept 28th -Oct 2nd **Football Throwing / Catching** **Equipment Needed:** **Mon:** 1 Ball **Tue:** 2 different Balls (Football and Tennis Ball)	Not in Attendance Day	**Intro:** Ball Control **Agility Drills:** - Forward - Weave - Jump - Back / Forward **Skills:** Ball Control -25 hand stretch 25 catches - 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 -25 tennis ball squeezes R/L	**Intro:** Catching **Quote:** **Agility Drills**: -1in each -2 in each -2 up 2 down - Ladder Dill **Skills:** 5 Catching Skills Activity:	Quote: Agility Drills: Skills: Activity:	Quote: Warm-up: Upper: Lower: Abs: Activity:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6 Oct 5th-9th **Football Throwing / Catching** **Equipment Needed:**	Intro: Quote: Agility Drills: Skills: Activity:	Intro: Quote: Agility Drills: Skills: Activity:	Intro: Quote: Agility Drills: Skills: Activity:	Intro: Quote: Agility Drills: Skills: Activity:	Teachers Institute

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7 Oct 12th- 16th **Soccer** **Equipment Needed:**	Intro: Quote: Agility Drills: Skills: Activity:	Intro: Quote: Agility Drills: Skills: Activity:	Intro: Quote: Agility Drills: Skills: Activity:	Intro: Quote: Agility Drills: Skills: Activity:	Quote: Warm-up: Upper: Lower: Abs: Activity:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8 Oct 19th -23rd **Soccer** **Equipment Needed:**	Quote: Agility Drills: Skills: Activity:	Quote: Agility Drills: Skills: Activity:	Quote: Agility Drills: Skills: Activity:	Quote: Agility Drills: Skills: Activity:	Quote: Warm-up: Upper: Lower: Abs: Activity:

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					