**Middle School Physical Education**

Week 3: Monday April 20th to Friday April 24th

Hi Gators!

Great job with Week Two, everyone! Please feel free to send a photo or video to [haley.tozer@nbed.nb.ca](mailto:haley.tozer@nbed.nb.ca) so we can showcase how you are staying active on the Gretna Green website.

* Mrs. Tozer

**Week 3 Challenge:** Push Up Hockey

The video below shows how to play Push Up Hockey. You will need a partner so recruit someone in your household. Give it a go this week and see who wins! Video Link: <https://www.youtube.com/watch?v=VpKN0RSnxl8>

**Week 3 Activities:** Muscle Group Matching

This week, we are again focusing on specific muscle groups in the body and doing exercises to make them stronger. This week’s focuses are chest, back, and shoulders, along with two cardio days. You can choose which day of the week will be your chest day, back day, shoulder day, and cardio days by matching the day of the week to the muscle group below.

**Day of the Week Muscle Group**

Monday Cardio

Tuesday Chest

Wednesday Back

Thursday Shoulders

Friday Cardio

After you’ve planned your week, use the workouts below to complete each day. These exercises do not require equipment so all can be done from the comfort of your own home. If you feel sore afterward, that shows that you successfully targeted the muscle group. Good luck!

**Workout Instructions:**

Complete all exercises in the set for 30 seconds each. Rest for 30 seconds. Repeat the set for round two. Rest for 30 seconds. Repeat the set for round three. Great job… you’re done! \*Exercises with a star should be completed 30 seconds per side.\*

**Chest Day**

1. Inch Worm
   * Video Demo: <https://www.youtube.com/watch?v=H_YsTBL4Q-Q>
2. Push Ups
   * Video Demo: <https://www.youtube.com/watch?v=_l3ySVKYVJ8>
3. High Plank Walk
   * Video Demo: <https://www.youtube.com/watch?v=43Rm_AOUtqM>
4. Static Push Up Hold
   * Video Demo: <https://www.youtube.com/watch?v=gaVc7Tyz58A>
5. Side Plank with Shoulder Rotations\*
   * Video Demo: <https://www.youtube.com/watch?v=Y1jRh9KsdTg>

**Back Day**

1. Reverse Snow Angels
   * Video Demo: <https://www.youtube.com/watch?v=52w8iADvL8w>
2. Hip Hinges
   * Video Demo: <https://www.youtube.com/watch?v=sinpFajtRPw>
3. Dive Push Ups
   * Video Demo: <https://www.youtube.com/watch?v=mvNcSF-nXg4>
4. Rotating Toe Touches
   * Video Demo: <https://www.youtube.com/watch?v=TgU8INik16I>
5. Superman
   * Video Demo: <https://www.youtube.com/watch?v=J9zXkxUAfUA>

**Shoulder Day**

1. Arm Scissors
   * Video Demo: <https://www.youtube.com/watch?v=Cilm0WNRdCo>
2. Chest Expansions
   * Video Demo: <https://www.youtube.com/watch?v=El_Sj5hisSs>
3. Pike Push Ups:

* Video Demo: <https://www.youtube.com/watch?v=x7_I5SUAd00>

1. Scissor Chops
   * Video Demo: <https://www.youtube.com/watch?v=vvNkomexxcs>
2. Side Arm Raises
   * Video Demo: <https://www.youtube.com/watch?v=ww0r9xZunDM>

**Cardio Days**

* Get outside and go for a jog. If jogging is new to you, jog in intervals. Experiment with the suggested intervals below and you will quickly see which is the best pace for you. I am new to jogging and am currently jogging for two minutes and walking for two minutes. If I can do it, you can too! 😊
  1. Jog 20 seconds, walk 3 minutes – Repeat 6 times
  2. Jog 1 minute, walk 3 minutes – Repeat 5 times
  3. Jog 90 seconds, walk 3 minutes – Repeat 5 times
  4. Jog 2 minutes, walk 2 minutes – Repeat 5 times
  5. Jog 3 minutes, walk 2 minutes – Repeat 4 times
  6. Jog 4 minutes, walk 2 minutes – Repeat 4 times
  7. Jog 6 minutes, walk 2 minutes – Repeat 3 times
  8. Jog 8 minutes, walk 2 minutes – Repeat 3 times
  9. Jog 10 minutes, walk 1 minute – Repeat 3 times
  10. Jog 15 minutes, walk 1 minute – Repeat 2 times