**Christ the King Physical Education**

**Daily Activity Recommendations**

The following are alternative suggestions to keep active during these difficult times while in social isolation. I would suggest that your exercise time follow:

1. Warm-up X1

**Cardio Duration**

Jog 3 mins

Step-ups 1 min

Stairs 1 min

Burpees 40 reps

Other Ideas - <https://www.education.com/magazine/article/cardio-exercises-for-kids/>

**Warm-Up Duration**

Walking 5mins

Jog on the spot 1 min

Skipping 1 min

Jumping jacks 30 reps

Other Ideas - <https://www.activekids.com/soccer/articles/10-dynamic-warm-up-exercises-for-youth-athletes/slide-2>

1. Cardio X2
2. Upper-body X2
3. Core X2
4. Lower body X2
5. Cool down X1

**Cool Down Duration**

Walk

Stretch

Yoga

Light Jog

5 - 10 mins

**Lower Body Duration**

Squat Jumps 20 rps

Tuck jumps 20 rps

Lunge Jumps 20 rps

Calf Raises 30 rps

Other Ideas - <https://www.mensjournal.com/health-fitness/best-bodyweight-exercises-legs/5-side-lunge/>

**Core Duration**

Crunches 30 reps

Plank (or side) 45 sec

Leg raises 20 reps

Bicycle Crunch 30 rps

Other Ideas - <https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html>

**Upper Body Duration**

Push-ups 10-30 rps

Variations - (feet on stairs, hands on stairs, wide grip, narrow grip)

Bench Dips 10-30rps

Pull-Ups/Chin-Ups