

ST LEOS SCHOOL PE

Hello St. Leo's School students! It is your one and only PE teacher here Mr. T bringing your weekly physical activity and assignments. I hope that you are doing well!

Grades Pre k – 2nd

- 1) Complete the yoga exercises below:

https://www.youtube.com/watch?time_continue=387&v=CBko9JPMtHs&feature=emb_title

- 2) Complete the yoga exercises below:

<https://www.youtube.com/watch?v=5XCQfYsFa3Q>

Grades 3rd – 5th

- 1) Complete the yoga exercises below. All answers must be emailed to ataboadela@stleosschool.org.

https://www.youtube.com/watch?v=sM5MGLMNN_E

- 1) How did you feel when doing yoga?
- 2) Did you notice any change in feelings while doing yoga?
- 3) What did you like about yoga?
- 4) What didn't you like about yoga?
- 5) Did you feel more relaxed?

- 2) Select a few of the exercises below and come up with a 10-minute workout routine. Send me your workout routine ataboadela@stleosschool.org.



Mr. T's 10-minute workout routine:

- 1) Run in place for 2 minutes
- 2) Pushups for 1 minute
- 3) Crunches for 2 minutes
- 4) Run in place for 2 minutes
- 5) Lunges for 1 minute
- 6) Plank for 2 minutes

Grades 6th – 8th

- 1) Complete the yoga exercises below and answer video questions. All answers must be emailed to ataboadela@stleosschool.org.

<https://www.youtube.com/watch?v=6Ekep9GqvaM>

- a) What did you feel when you took the breath in?
- b) What happened when you let the breath out?
- c) What did you hear?
- d) What effect did the breathing have in you?
- e) Did it change the way you felt at all?
- f) What did you notice about your inner world?
- g) What is a basic definition of health?
- h) Can you tell by the way someone looks if they are healthy/unhealthy?
- i) Why do you think so many people in the world are unhealthy?
- j) How can yoga support your mental/emotional & physical health?

- 2) Complete the workout below. After the workout is complete pick three exercises on the list and find what muscles they work. EX. Pushups = Chest. Please note many of these exercises work multiple muscles so having more than one answer is okay. All answers must be emailed to ataboadela@stleosschool.org.



Quick Set with Kids

- 50 crunches*
- 25 jumping jacks*
- 20 lunges*
- 10 tricep dips*
- 5 push-ups*
- 50 bicycles*
- 5 burpees*
- 20 squats*
- 25 high knees*
- (repeat if desired)*