

**HIGH SCHOOL P.E. – 1ST SEMESTER (FOUNDATIONAL STRENGTH)**

<b>DATE</b>	<b>FOUNDATIONAL STRENGTH</b>	<b>OPTIONAL HOMEWORK</b>	<b>GAME</b>	<b>EQUIPMENT NEEDED</b>
WEEK 1 8/29	Workout #1 • Need chairs	Workout #1 Workout #1	Base Rush Nuke 'Em	Chairs – 1 for each student Bases -1 less than # of students (use cones maybe) Boundary markers volleyball Volleyball net
WEEK 2 9/5	Workout #2	Workout #2 Workout #1	Prisoner of War Bridge Ball	Boundary markers Squishy rubber balls
9/12	NO REACH			
WEEK 3 9/19	Workout #3 • Need balls	Workout #3 Workout #2	Bombardment Cops & Robbers (variation)	Balls – 1 for each student 20 pins Boundary markers
WEEK 4 9/26	Workout #4 • Need balls & chairs	Workout #4 Workout #1	British Bulldog Stride Club Bowl	Boundary markers Balls-1 for each student Chairs – 1 for each student Pins – 1 for each student
WEEK 5 10/3	Workout #5 • Need balls	Workout #5 Workout #4	Cats in the Corner Club Ball (have 2 games of this going)	Balls- 1 for each student Boundary markers Bowling pins
WEEK 6 10/10	Workout #2	Workout #1 Workout #3	Shooting Stars Kickball	20 bean bags 1 Playground ball Baseball field or boundary markers to lay out a field
WEEK 7 10/17	Workout #4 • Need balls & chairs	Workout #5 Workout #2	Ultimate Kings & Queens	Frisbee or football Chairs – 1 per student Balls – 1 per student
WEEK 8 10/24	Workout #1 • Need chairs	Workout #3 Workout #4	Base Rush Nuke 'Em	Chairs – 1 per student Bases -1 less than # of students (use cones maybe) Boundary markers volleyball Volleyball net
WEEK 9 10/31	Workout #5 • Need balls	Workout #1 Workout #2	Prisoner of War Bridge Ball	Balls – 1 per student Squishy rubber balls
WEEK 10 11/7	Workout #3 • Need balls	Workout #4 Workout #5	Bombardment Cops & Robbers (variation)	Balls – 1 per student 20 pins Boundary markers

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WEEK 11 11/14	Workout #2	Workout #1 Workout #3	British Bulldog Stride Club Bowl	Boundary markers Pins – 1 for each student
11/21	NO REACH			
WEEK 12 11/28	Workout #4 • Need balls & chairs	Workout #5 Workout #2	Cats in the Corner Club Ball (have 2 games of this going)	Chairs – 1 per student Balls – 1 per student Boundary markers Bowling pins
WEEK 13 12/5	Workout #1 • Need chairs	Workout #3 Workout #4	Shooting Stars Kickball	Chairs – 1 per student 20 bean bags 1 Playground ball Baseball field or boundary markers to lay out a field
WEEK 14 12/12	Workout #5 • Need balls	Workout #1 Workout #2	Ultimate Kings & Queens	Balls – 1 per student Frisbee or football
WEEK 15 12/19	Workout #3 • Need balls	Workout #4 Workout #5	Kids' choice	Balls – 1 per student

**ALTERNATIVE GAMES & SUPPLIES**

Kick the Can	1 can
Ghost in the Graveyard	On the playground
Capture the Flag	Flags Boundary markers
Sardines	Playground game
Mini-Tennis	Raquets Chalk Tennis balls
Save Thy Balloon	Balloons String
Chinese Jump Rope	Jump ropes
Four Square	Chalk Playground balls
No Touch Ground	Playground game
Spinning Ground	Long jump rope

## STUDENT COPIES

WORKOUT #1			
EXERCISE	SETS	REPETITIONS	COMMENTS
Arm circles	1	20	Complete 20 in each direction
Landmine rotation	1	10	10 each side
Jumping jacks	3	20	
Push-ups	3	30 seconds	Stop & rest when form breaks down
Chair dips	3	10	
Tables	3	20 seconds	
Leg pistons	2	30 seconds	
Shoulder cross-over stretch	2	20 seconds	2 times each arm

WORKOUT #2			
EXERCISE	SETS	REPETITIONS	COMMENTS
Standing leg swings	1	10	10 times each leg
Toe raises	1	20	
Ankle alphabets	1	1	Complete alphabet with each ankle
Body weight squats	3	20	
Split squats	3	10	10 with each leg
Squat jumps	3	10	
Leg slides	1	10	
Leg sways	1	10	10 each side
Seated double leg stretch	3	20 seconds	

## STUDENT COPIES

WORKOUT #3			
EXERCISE	SETS	REPETITIONS	COMMENTS
Starfish	1	8	
Superman with flutters	5	20 seconds	
Sweeps	3	20	10 to each side
Line jumps	3	60	20 both feet, 20 right foot, 20 left foot
Plank	3	20 seconds	
Shoulder bridge	3	20 seconds	
Twist with ball	3	10	10 to each side
Crossover stretch	3	15 seconds	
Single leg stretch	3	15 seconds	

WORKOUT #4			
EXERCISE	SETS	REPETITIONS	COMMENTS
Arm swings	1	20	20 swings with each arm
Walking over the top	3	4	4 times across room and back
Ball chops	3	10	Complete 10 to each side
One legged chair squats	3	10	5 squats each leg per set
Elevators	3	15	
Kneeling standing get-ups	3	10	Complete 5 each leg per set
Double leg stretch	3	20 seconds	
Quadriceps stretch	1	15 seconds	Stretch each leg 1 time

## STUDENT COPIES

WORKOUT #5			
EXERCISE	SETS	REPETITIONS	COMMENTS
Walking wide with twists	3	4	4 times across room and back
Arm circles	1	20	Complete 20 in each direction
Jumping jacks	3	20	
180 jumps	3	6	6 jumps each direction per set
Bear crawl series	3	4	4 times across room and back for each variation
Chair incline push-ups	3	10	
Jabs	3	20	20 each each arm. Add small weights if needed.
Leg pistons	3	30 seconds	
Baby pose	3	20 seconds	
Bowing pose	3	20 seconds	