

“Stay Active” with Mr. Mathis

So, it's week one of our home based learning at RCS, and you know what we say in the gym..... Fitness doesn't take a vacation, and 7 days without exercise makes one weak:)

Good News! Our exercise routines, in P.E. , can be done at home-without any fancy equipment. Get your whole family to join in together!

Just in case you have forgotten. Here is a list of our daily exercises:

- 10 jumping jacks
- 10 trunk twists
- 10 arm circles
- abc pushups (pk-1) 10-15 regular or knee pushups (3-6)
- 10 mountain climbers (pk-2) 30-60 sec. Planks (3-6)
- 30 sec. Bicycles (pk-2)
- sit and reach or standing hamstring stretch
- quadriceps lunge (3-6)
- butterfly or standing groin stretch.
- practice locomotor skills (pk-2). Cardio Activity (3-6) run in place, ride your bike, jump rope.

Keep fit, stay busy, and stay healthy. Hope to see you soon.

Mr. Mathis