

PE Class K-5 Week #12

PLANKS AND ROWS!!

K-5

I hope everyone is enjoying this beautiful weather! Finishing up the month of May and our fitness, I thought it would be a great idea to introduce/revisit a few moves we have learned, as well as include a new and fun exercise to do. This is a slower paced lesson with skills and cues that are really important. Be on the lookout on Wednesday for another fun workout to do with your family!

<http://www.viewpure.com/2NuA45bB85Q?start=0&end=0>

(don't mind the music, I don't even know how got in there. I need to stick to my job as a teacher :))

Cues for this video:

Plank: Try to make a straight line from your shoulders, through your hips, down to your feet. Also, really try your best to make your stomach 'flexed' by trying to bring your belly button to your spine! Send me a picture of you and your family planking!

Row: I wanted to include a strength movement called a row. A row is a great way to help with posture and our back muscles. As a society, we tend to do way more "push" exercises and I thought this was a fun and easy movement to introduce a "pull" exercise. The biggest cue I can provide is to set your shoulders first. You do this by bringing your shoulders up, push them back and then bring and hold them down. This is WAY more clear in the video!

Miss you all!