

Wildcat Nation Home PE Activities

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Superhero Warm Up
[Spiderman Warm Up Coach W](#)

Underhand Throw Practice

- Step
- Swing
- Throw

Try 20 throws to a target, partner, or basket (no ball no problem, try a sock)



Fitness Challenge:

Count to 20:

- Plank
- Sit Ups
- Jumping lunges
- Squats

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Box Run

- See how many rounds you can do in 10 minutes (Round 1: Run in a square then do 1 squat, 1 jumping jack, 1 lunge, Round 2: run 2 laps and do 2 of each exercise)

[Box Run Challenge Coach W](#)

Self Toss

Try and self toss a ball or sock up and catch it
-2 hands
-1 hand



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Superhero Warm Up [Spiderman Warm Up Coach W](#)

Keep it up

-See how long you can keep a ball, balloon, sock up in the air

-2 hands

-1 hand

Remember: hand open wide palm up or you can use a racket



Dance Party

Play some music and dance around for the entire song or check out some of these links:

[Koo Koo Kanga Roo - Dinosaur Stomp \(Dance-A-Long\)](#) (Dino Stomp)

[Let's Dance - Shake It Off](#) (Shake it Off)

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Superhero Warm Up
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Overhand Throw Practice

- Step
- L-Bend
- Throw

Try 30 throws to a target on the wall, or partner



[Bottle Flip Fitness](#)

Using a closed bottle at home practice flipping it

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[Yoga Poses](#)

Can you try and hold the following yoga poses for the count of 20?

Your choice pick a sport or activity to play with your family for 30 minutes

- Walk/run
- Basketball
- Soccer
- Going to the park
- Yoga
- Dance
- Baseball
- Hockey