**VOCABULARY WORKOUT**

Hi everybody, it’s Mr. C. again! Here is a fun and interesting Phys. Ed. Activity to do at home. It’s called the Vocabulary Workout. I hope you give it a try. Email me and let me know how you do. My email is [Michael.Carney@dor.org](mailto:Michael.Carney@dor.org)

First-here is a list of exercises. Most of them you know and some you don’t. I have a description next to each one. You can check You Tube on how to do each one. Type in the exercise you don’t know and select a video of how to do it.

**JOG IN PLACE**-just what it sounds like, jog but don’t go anywhere  
**PUSHUPS**-lay face down on the floor, push your upper body up so that your arms are straight. Leave your knees bent on the floor. Lower your chest to the floor and then push back up again  
**SITUP**-lay on your back, bend your knees, tuck your feet under something heavy, and cross your hands over your chest. Try to sit up so your elbows touch your knees. Then lay down again. If you can only get part way up, that’s OK.   
**JUMPING JACKS**-stand with your feet together and your arms at your side. Jump and spread your legs wide, at the same time raise your arms from your side and over your head. When you land on the floor your body will look like the letter X. Jump again and bring everything back together like you started. Start slow and try to get faster.  
**MOUNTAIN CLIMBERS**- take a position on the floor with both arms straight out and next to each other, almost like you were going to do a pushup. Push one leg back straight behind you. Keep the other leg bent at the knee and tucked up under your waist. Quickly change the position of the legs so the straight leg is now bent and the bent leg is now straight. Start slow and try to change legs quickly.   
**PLANK**-put your arms straight down in front of you like you were going to do a pushup. Put both legs together and straight behind you. Your whole body should be off the floor being held in place by your hands in front and your toes in back.  
**LUNGES**-start with arms and legs together like you did in jumping jacks. Always leave your arms at your sides. Step forward with your left foot. Now bend both knees lowering your whole body toward the floor. Only go down a little way and then push back up. Then pull your left leg back to your body so you are standing straight. Repeat now with the right leg going out. Keep repeating left then right.  
**SQUATS**-stand straight with arms at your side and feet together. Bend at the knees and lower yourself toward the floor. Only go a little way down and then straighten your legs so you are standing again. Do each repetition slowly.  
**TOEUPS**-keep both feet together and hold onto a chair or table for balance. Stand up on tip toes and then return to standing.   
**INVISIBLE JUMP ROPE**-pretend you have a jump rope in your hands. Twirl your hands as if you were twirling a jump rope. Each time the “rope” goes under your feet jump. Try different combinations like slow and fast. Just remember to twirl the “rope” at the speed you are jumping.  
**SKIPS**-just like in gym class, skip  
**HOPS**-just like in gym class, move up and down on one foot  
**BACK AND FORTH JUMPS**-just like in gym class, pretend there is a line on the floor in front of your feet. Jump over it then jump backward to your starting position.

Second-here is the alphabet with an exercise from the list assigned next to it and the number of times you should do the exercise.

A-Jog in Place-30 seconds N-Lunges-5

B-Pushups-5 O-Skips-15 seconds

C-Plank-10 seconds P-Squats-5

D-Jumping Jacks-5 Q-Hops-10 seconds

E-Invisible Jump Rope-30 Seconds R-Jumping Jacks-5

F-Mountain Climbers-6 S-Plank-10 seconds

G-Squats-5 T-Sit Ups-5

H-Toe ups-5 U-Hops-10 seconds

I-Back and Forth Jumps-5 V-Back and Forth Jumps-5

J-Skips-15 Seconds W-Mountain Climbers-6

K-Lunges-6 X-Pushups-5

L-Invisible Jump Rope-30 Seconds Y-Toes Ups-5

M-Sit Ups-5 Z-Jog in Place-30 seconds

Third-here are some vocabulary and word ideas. Use the letters of each word to determine the exercises you do from the list above. For example, if your name is David, you would do the following: D=5 Jumping Jacks, A=30 Second Jog in Place, V=5 Back and Forth Jumps, I=5 more Back and Forth Jumps, D=5 Jumping Jacks

Ideas: YOUR NAME  
 ROCHESTER  
 NAMES OF ALL FIFTY STATES  
 SPELL OUT AS MANY WORDS AS YOU CAN USING ONLY THE LETTERS FROM THE WORDS “TEAM WORK”, THEN DO THE CORRECT EXCERCISES FOR THE WORKS YOU MAKE.  
 WRITE A SENTENCE, LIKE “TOMORROW IS WEDNESDAY.” AND USE THE LETTERS FROM EACH WORD IN THE SENTENCE TO DO THE EXCERCISES.

Ready—Set—Go!

Let me know how you do!-Mr. C.