Skyline High School Physical Education Cardio Days Remote Learning

As part of semester grading project we want students to engage in two days of cardio fitness a week. These cardio activities can be accomplished in many ways. Our number one concern is to make sure students are staying safe and following social distancing guidelines.

**Governor Jay Inslee didn’t call it “shelter in place,” but his much-anticipated**[**″Stay Home, Stay Healthy” order**](https://www.governor.wa.gov/news-media/inslee-announces-stay-home-stay-healthy%C2%A0order) issued tonight is pretty strict. It prohibits non-essential activities outside the home in Washington for at least two weeks. The state’s residents can still visit the grocery store or pharmacy, go to the doctor’s office, and walk the dog, but gatherings are now banned, and all non-essential businesses are now closed. (Restaurants can continue offering takeout and delivery.) No, you’re not shut in. Outdoor exercise is still permitted, provided social distancing measures are followed. “We’ve been very clear on the need for everyone to stay home,” Inslee said. “And, while most Washingtonians are doing their part, some still don’t grasp the seriousness of this pandemic.” Seattle Times March 28th.

Guidelines from King County Public Health

On March 23, Gov. Jay Inslee issued a [Stay Home — Stay Healthy](https://www.governor.wa.gov/sites/default/files/proclamations/20-25%20Coronovirus%20Stay%20Safe-Stay%20Healthy%20(tmp)%20(002).pdf) order. The order requires every Washingtonian to stay at home, except for people:

* Pursuing an essential activity, like shopping for groceries or going to a medical appointment. [What’s opened and closed](https://coronavirus.wa.gov/whats-open-and-closed/essential-business)
* Getting takeout food. (Food deliveries also are permitted).
* Going to work at an [essential business](https://coronavirus.wa.gov/whats-open-and-closed/essential-business).
* Going outside for walks and exercise, as long as they keep 6 feet apart.
* [What does it mean to stay home?](https://coronavirus.wa.gov/spread-facts/what-does-it-mean-stay-home)

Learn more about the order: [coronavirus.wa.gov](https://coronavirus.wa.gov/)

Health experts encourage outdoor exercise during this stressful, isolating time.

"I don't need to quote a study to let you know that if you've been inside all day, a little time outdoors will improve your mood," [Dr. Jebidiah Ballard](https://www.instagram.com/dr_jedidiah_/), an emergency medicine physician, [previously told Business Insider](https://www.insider.com/can-you-go-for-a-run-coronavirus-quarantine-social-distancing-2020-3). "Vitamin D also plays a role in immune function, and sunlight is needed for our bodies to convert it to its active form."

One study, for instance, found that people who went for a daily brisk walk for 12 to 15 weeks reported half the sick days as their couch potato counterparts.

Going for quick walks or jogs around your neighborhood is fine. The Governor did say in last address that if you need to drive to exercise, that is too far. All of your cardio activities should originate from home.

How to stay safe while exercising outdoors:

1. Avoid parks or locations where a lot of people gather.

2. Keep social distancing space up. To be safe you should try to keep 15-20 feet away from nearest person.

3. Be sure that the walking or running route is safe! If good sidewalks are not available, and there is much traffic in your neighborhood to be safe, you may want to perform some indoor cardio workouts which we have included at the end of this document.

4. If there are a lot of people out in your area, make sure you select another time to go and get your cardio in.

What if I can’t run or walk form my home?

You can do indoor cardio routines that will be great for you and count as your daily grade. All of these workouts can be documented and turned in to your teacher. The forms can be found on seesaw and all SHS PE teacher websites. Be sure to complete form and get workout verified by parent/ guardian.

1. Indoor Cardio Walk Run/ Body Weight Exercises: <https://www.youtube.com/watch?v=Pm5JOGVM_ZU>

2. 20 Minute Indoor Cardio Workout: <https://www.youtube.com/watch?v=Pm5JOGVM_ZU>

3. If you have indoor fitness equipment you can do treadmill, elliptical, bike for 20-22 minutes.

4. Indoor Kickboxing <https://www.youtube.com/watch?v=Gbi8FfxJwHE>

5. Jump Rope Workout: You can create your own jump rope routine for 15-20 min.

6. Find your own 20 minute cardio video on Youtube and perform it. Be creative and get your heart rate up!

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Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Indoor Cardio Completion Form |
| Describe the type of workout you did. Include simple list of exercises. |
| If you used a video workout include link below. |
| How long did the workout take? |
| Parent/Guardian Signature or e mail (Parents if you send us form from your email it will count as signature: |