



PHYSICAL EDUCATION

LINCOLN HIGH SCHOOL

Assignment # 14 – Move It May : Week 3

Exercise injuries can range from strains and sprains to back pain. With a little planning, you can prevent injury and stay safe during exercise.

What Causes Exercise Injuries?

Some of the most common causes of exercise injuries include:

- Exercising before your body has warmed up
- Repeating the same motion over and over again
- Not having proper form for your exercise
- Not resting in between workouts
- Pushing your body too hard or too quickly
- Doing an exercise that is too strenuous for your level of fitness
- Not using proper equipment
- Warm up and Cool Down

Warming up before exercise gets your blood flowing, warms up your muscles, and helps you avoid injury. The easiest way to warm up is to exercise slowly for the first few minutes, then pick up the pace. For example, before running, walk briskly for 5 to 10 minutes.

You should also cool down after exercise to bring your heart rate and body temperature back to normal. Cool down by ending your routine at a slower pace for the last 5 to 10 minutes.

Stretching:

To stay flexible, you should stretch at least 2 times a week.

You can stretch either after you have warmed up or after you exercise.

- DO NOT stretch cold muscles.
- Hold stretches for no longer than 15 to 30 seconds.
- DO NOT bounce.

Exercise Levels:

If you are new to exercise, you may want to start with low-intensity options such as:

- Walking
- Swimming
- Riding a bike

These types of exercise are less likely to cause injury than higher-impact activities like running or aerobics.

Use the Right Equipment

Using safety equipment can greatly reduce your risk of injury.

Safety equipment for your sport may include:

- Footwear
- Helmets
- Mouth guards
- Goggles
- Shin guards or other protective guards
- Kneepads

Be sure you use the right type of equipment for your sport. For example, DO NOT play tennis in running shoes. Wear a ski helmet, not a bike helmet, when downhill skiing.

Make sure your exercise equipment:

- Fits you properly
- Is the right design for your sport or activity
- Is in good working condition
- Is used correctly and consistently

Learn Good Form:

If you are new to an exercise or sport, look online for how to videos and exercise communities if taking actual lessons or classes with a trainer isn't an option. Learning the right way to do an exercise or sport can help prevent injury.

Cross Train:

To help prevent overuse injuries, vary your workouts. For example, instead of running 3 days a week, cycle 1 day and run 2. You will use a different set of muscles, and still get a good workout.

Listen to Your Body:

Forget the old saying "no pain, no gain." Of course, to build strength and stamina, you will need to push your body. The key is to push slowly and gradually. You can expect sore muscles after your workout. But you should never feel pain when exercising. If you feel pain, stop right away.

Being tired all the time can also be a sign that you may be overdoing it. Make sure you are first getting 8-9 hours of sleep. Also in general, avoid increasing these 3 things all at the same time:

- Number of days you exercise
- Length of time you exercise
- How hard you work out

Instructions:

This Week's MOVE IT MAY activities

18 superman holds



19 grapes



20 jumping jacks



21 overhead presses



Instruction on this exercise can be found in your previous assignment.

Do: 3 sets of 18 holds - rest for 30 sec. between sets

Equipment: Cape
Optional

Eat $\frac{1}{2}$ cup of grapes; 19 grapes each. If you don't have grapes eat $\frac{1}{2}$ cup of any fruit.

How many grapes are in a Bunch?
100

Instruction on this exercise can be found in your previous assignment.

Do: 3 sets of 20 jacks - rest for 30 sec. between sets

Instruction on this exercise below.

Do: 2 sets of 21 overhead presses- rest for 30 sec. between sets

You will need weights, if you don't have any, two cans of beans, corn, whatever works just as long as they are the same weight.

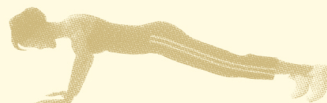
22 seconds of downward dog



23 Michael Jordan inspired jumps



24 pushups



Instruction on this exercise below.

Do: 4 sets – 5 breathes of downward dog – rest for 30 sec. between sets.

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No Barking Necessary

No Instruction needed.

No hoop needed.
No ball needed.
How high can you get those hands in the air and feet off the ground?

Do: 2 sets of 23 jumps – rest for 30 sec. between sets.

Get some Air like Jordan.

Instruction on this exercise can be found in your previous assignment.

Do: 2 sets of 24 pushups - rest for 60 sec. between sets

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This will be hard try to push yourself!

Overhead Presses:



- Hold a dumbbell in each hand just above your shoulders, palms facing in.
- Straighten your arms above you.
- Bend your elbows, coming back to the starting position to complete one rep

Downward Dog:



- Begin on your hands and knees. Your wrists should be underneath your shoulders, and your knees underneath your hips.
- Inhale as you tuck your toes under your heels. Then exhale to lift your hips, coming into an upside down "V" shape called Downward Facing Dog.
- Spread your fingers wide and create a straight line between your middle fingers and elbows. Work on straightening your legs and lowering your heels toward the ground. Your heels should be slightly wider than your toes, so the outside edges of your feet. Relax your head between your arms, and look through your legs or up toward your belly button. Work on holding for 11 breaths.

JOURNAL:

Student Name: _____

Monday 18th : Superman Holds

4 sets – 5 breathes of downward dog – rest for 30 sec. between sets

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Tuesday 19th : Grapes – Eat ½ cup of grapes;

19 grapes each. Or ½ cup of any fruit.

Log what you ate below:

Wednesday 20th: Jumping Jacks

3 sets of 20 jacks - rest for 30 sec. between sets

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Thursday 21st : Overhead Presses

2 sets of 21 overhead presses- rest for 30 sec. between sets

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

JOURNAL:

Friday 22th : Downward Dog

2 sets – 11 breathes of downward dog – rest for 30 sec. between sets.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Saturday 23rd : Michael Jordan Jumps

2 sets of 23 jumps – rest for 30 sec. between sets.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Sunday 24th : Pushups

2 sets of 24 pushups - rest for 60 sec. between sets

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Parent / Guardian Signature:
