

Homeschool PE Made Simple

Week 4 - Day 1: Power & Explosiveness!

Objective:

This week, we're focusing on power and explosiveness-helping kids build strength, speed, and coordination through movements that involve jumping, quick bursts of energy, and controlled force. These exercises improve overall athletic ability and make movement more dynamic and fun!

Warm-Up (3-5 Minutes)

- Power Walk in Place - Walk in place with high knees and arm swings (30 sec)
- Arm & Leg Shakeout - Shake out arms, legs, and body to loosen up (30 sec)
- Mini Jumps - Lightly bounce in place to activate the legs (30 sec)

Main PE Activity: Explosive Power Circuit

Repeat 2-3 times:

1. Broad Jumps - Jump forward as far as possible, landing softly. Walk back and repeat.
2. Squat to Jump Reach - Squat low, explode upward, and reach high with arms.
3. Lateral Speed Jumps - Jump side to side over an imaginary line or small object.
4. Sprint Starts - Sprint forward 5-10 steps, then slow down. Repeat.
5. Plank Jump-Ins - Start in a plank position and jump both feet forward, then back.

Cool Down (2-3 Minutes)

- Standing Hamstring Stretch - Reach for toes, keeping legs straight.
- Butterfly Stretch - Sit with feet together, gently press knees down.
- Deep Breaths - Inhale for 4 counts, exhale for 4 counts.

Encouragement for Mom:

Explosive movements build strength, power, and speed while keeping kids engaged. These exercises help with sports, everyday activities, and confidence in movement. The best part? They just feel like fun!