



WEEK TWELVE

Chin-ups: A chinning bar, hanging horizontal overhead, is needed. Grasp the bar with an overhand grip, hands shoulder-width apart. Pull up until chin touches over the bar. Straighten arms, lowering slowly. Stop working when tired. Jesus always wants us to do our best, even in physical education class.

WEEK THIRTEEN

Bench Dip: This is difficult, so start slowly. Place two footstools on the floor (or use a bench) about shoulder-width apart. Put one hand on each “bench” and stretch legs back, keeping the body straight. Straighten arms and push up. Then bend elbows and dip down as far as possible between the two benches, keeping the body straight. Can you do two in a row?

WEEK FOURTEEN

Rope Jumping: Try rope tricks, such as twirling a loop over the head before jumping through. Jump and land on one foot at a time; or jump with one foot and then the other the next jump. Jump with a high knee bend; jump and land in a squat position; jump in a squat position.

WEEK FIFTEEN

Windmill Twist: Stand with feet spread wide apart and raise arms sideward to shoulder level. Bend trunk forward until head is level with hips. Do not bend knees. Twist and touch left toe with right hand. At the same time, stretch left hand upward and back. Do the same in the opposite direction.

WEEK SIXTEEN

The Bicycle Ride: Lie on back, bend elbows, raise legs, and rest hips on hands. Point feet upward and pump up and down with legs as though riding a bicycle.

WEEK SEVENTEEN

Sprint in place: Place hands on the ground about shoulder-width apart with arms straight. Set the left foot, knee bent, about 12 in. behind hands. Push right leg farther back so that it is almost straight. Keep head up and look straight ahead. Rest weight on the hands and with a little upward thrust of the body, change the position of the legs quickly. Keep elbows straight and hands in the same place when changing leg position. Do this in rhythm if possible.

WEEK EIGHTEEN

Cartwheel: Bend one knee and reach over to touch the floor with the hand that is on the same side as the bent knee. Push with the foot. Lift the free leg over and touch the floor with the other hand and then the other leg coming back to an upright position.

Please send to Seton the Second Quarter Report Form with your Quarter Grade recorded. You may choose to record the grade on the Seton Website.