

Routine Kick-Start Workout



School



Home



Printable Resource

PHE Curricular Competencies: Physical Literacy, Healthy and Active Living, Mental Well-being

Audience(s): Grades 6-12

Hyperlink: [ParticipACTION](#)

Description

ParticipACTION has created a quick and easy workout circuit to kick-start your day. This circuit requires no exercise equipment and can be done in your home or in your yard. The circuit also gives suggestions for completing the exercises at different levels of exertion, with reminders to warm up and take breaks.

Objective(s)

The Kick-Start workout helps to provide a boost of energy to your day when you feel you need it most. Not only will the workout contribute to improvements in respiratory health but also added benefits for strong muscles, bones, and mental well-being.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

Grades 6-12: Participate daily in physical activities designed to enhance and maintain health components of fitness.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com