



VIRTUAL SCHOOL  
VISTA UNIFIED SCHOOL DISTRICT

# Differentiated Physical Education:

## Four Functional Movements/Exercises To Work All Major Muscle Groups

(Note: no equipment needed)

### Diamond Sit-Up



CRITICAL ELEMENTS (Written step-by-step directions):

- 1) Lay flat on back with shoulder blades touching the ground
- 2) Feet together with soles touching
- 3) Legs make a diamond with feet, both knees, and pelvis
- 4) Arms parallel with the body - full elbow extension
- 5) From lying position, sit up and touch toes - lying down when finished, shoulder blades on the floor

MODIFICATIONS:

#### **For lower intensity/ability level:**

- 1) Sit up as far as you can without touching your toes (crunch style)
- 2) Take time to rest in between each sit-up instead of doing them consecutively

#### **For increased intensity/ability level:**

- 3) Instead of keeping your hands parallel to your body throughout the sit-up, tap the ground behind your head as you lay your shoulder blades flat on the ground ( A.K.A butterfly sit-up)

Video Tutorial: [https://www.youtube.com/watch?v=\\_HPfXutjB1s](https://www.youtube.com/watch?v=_HPfXutjB1s)

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## Push - Up



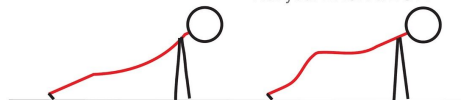
### ★ Good Push-Ups ★

Use your ARMS & ABS



### Bad Push-Ups

Not your BACK & BUTT



CRITICAL ELEMENTS (Written step-by-step directions):

- 1) Begin in a plank position (Image A.) - hands placed below your shoulders
- 2) Position your head up - looking about 2 ft in front of you
- 3) Lower yourself to just above the ground, surpassing a 90 degree angle at your elbows
- 4) Bring yourself back into the plank position

MODIFICATIONS:

#### **For lower ability level/intensity:**

- 1) Place your knees on the ground, maintaining a plank position from your shoulders to knees

OR

- 2) Maintain traditional form, but lay on the ground (removing your hands from the ground for 1 second) and then raise yourself back into a plank for the next Push-Up

#### **For higher intensity/ability level:**

- 3) Thrust yourself upwards off the ground and clap your hands in between Push-Ups

Video Tutorial: <https://www.youtube.com/watch?v=gAa-x7aevns>

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## **Squat**



CRITICAL ELEMENTS (Written step-by-step directions):

- 1) Feet shoulder-length apart
- 2) Upright posture (chest out & shoulders back)
- 3) Head up
- 4) Bum goes below the knee
- 5) Weight on heels

MODIFICATIONS:

### **For lower intensity/ability level:**

- 1) Bring your bum to knee- level without going any lower
- 2) Take time in between each Squat, lowering the number of repetitions

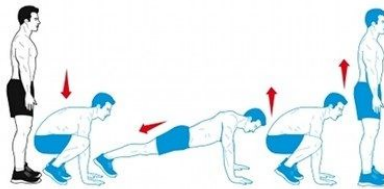
### **For increased intensity/ability level:**

- 3) Bring your bum below knee-level
- 4) Raise your hands above your head as you perform squats
- 5) Hold a bar on your shoulders as you perform squats
- 5) Hold weights in your hands as you perform squats

Video Tutorial: [https://www.youtube.com/watch?v=C\\_VtOYc6j5c](https://www.youtube.com/watch?v=C_VtOYc6j5c)

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## Burpee



CRITICAL ELEMENTS (Written step-by-step directions):

- 1) Squat - hands down on the ground
- 2) Jump back to a plank position
- 3) Perform a Push-Up
- 4) Jump back to a squat position with hands still on ground
- 5) Jump straight up - removing hands from the ground and reaching for the sky

MODIFICATIONS:

**For less intensity/lower ability level:**

- 1) Jump into the plank position, but don't do a Push-Up
- OR
- 2) Do a modified Push-up with knees touching the ground
  - 3) At the end, don't jump - simply stand up

**For increased intensity/ability level:**

- 4) hold appropriately sized weights in your hands throughout the entirety of the Burpee (weight size will be determined by your ability level/strength)
- OR
- 5) During the Push-Up segment, thrust yourself upward off the ground and clap your hands

Video Tutorial: <https://www.youtube.com/watch?v=TU8QYVW0gDU>

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## Workout Recommendations

Functional movements should be paired with a cardio routine and a stretching routine each day.

Please see the links below for some awesome cardio and stretching routine videos.

[Cardio](#)

[Another Cardio Option](#)

[Yet Another Cardio Option](#)

[Stretches](#)

- Workouts can include an increasing number of each functional movement (Sit-Ups, Push-Ups, Squats, and/or Burpees) over time.
- The way you perform each functional movement (with or without a specific modification) should match your **Ability Level**.
- The number of each functional movement you complete should match your **Fitness Level**.

Any combination and number of functional movements can be combined to match your Fitness Level and your Ability Level.

Example:

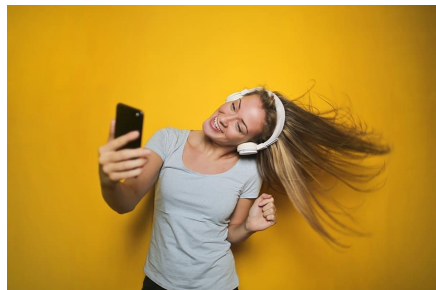
Days 1 - 3: 5 Sit-Ups, 5 Push-Ups, 5 Squats, 5 Burpees

Days 4 - 5: 10 Sit-Ups, 10 Push-Ups, 10 Squats, 10 Burpees

Days 6 - 8: 20 Sit-Ups, 20 Push-Ups, 20 Squats, 10 Burpees

Days 9 - 10: 20 Sit-Ups, 20 Push-Ups, 20 Squats, 20 Burpees

**NOTE: MUSIC HELPS TO ELEVATE YOUR PERFORMANCE AND YOUR MOOD - ROCK OUT WHILE YOU WORK OUT!!!**



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# Workout Log

(See sample Workout Log below)

- Keep a log of how many Sit-ups, Push-Ups, Squats, and Burpees you were able to complete each day along with your cardio and stretching routine
- Note in your log whether or not you used a modification when performing the Sit-ups, Push-Ups, Squats, and Burpees
- Note in your log which, if any, of the functional movements (Sit-ups, Push-Ups, Squats, and Burpees) were hard for you
- Note in your log why a particular functional movement (Sit-ups, Push-Ups, Squats, and Burpees) was hard for you and what you could do to improve
- Site evidence that proves your solution (mentioned above) will work.



**Example Evidence:** To improve my Burpees I need to lower my knees to the ground during the Push-Up phase. I know this will work because I saw that I was able to complete a push-up with my knees lowered to the ground when I did my workout yesterday.

## Workout Log: Date \_\_\_\_\_ (Blank)

Name Jill Smith	Completed/ Number	Hard	Modification Used?	Specific Difficulty	Solution	Evidence
Cardio						
Stretch						
Sit-Ups						
Push-Ups						
Squats						
Burpees						

(Continue to the next page to see an example of a completed Workout Log)

## Workout Log: Date \_\_\_\_\_ (Completed)

Name Jill Smith	Completed/ Number	Hard	Modification Used?	Specific Difficulty	Solution	Evidence
Cardio		No	No			
Stretch		No	No			
Sit-Ups	10	No	No			
Push-Ups	10	Yes	Yes	Reaching 90 deg.	Drop knees	Felt easier to reach 90 deg.
Squats	10	No	No			
Burpees	5	Yes	Yes	push-up	Drop knees	I saw that I could do a push-up

Note: the last 3 columns will be filled in only if the functional movement/exercise was hard for you.

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## Supplementary Brain Buster!

Read the article below. Then, analyze whether or not you have improved your fitness level and/or flexibility while at home. Be prepared to share evidence from the article that supports your analysis (did you improve or not).

<https://kidshealth.org/en/parents/exercise.html>

**Note: This article is an awesome resource that adds to our differentiated platform by offering audio and translation tools. Enjoy!**