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Activity instructions are on the second page of this document

Movement Monday	10's on Tuesday	Warm-up Wednesday	Creation Station Thursday	Fun Friday
Get outside and run, walk, bike or hike for 20 to 30 minutes	Example exercises Various planks for 10 sec, Burpees, squats, jumping jacks, lunges, mountain climbers, push ups, bicycle crunch, wall jumps, step ups what do you like?	Jog, Leg stretch, forward butterfly, Backward butterfly, Gallop, Leap, Shuffle, Skip, High knees, Grapevine, Butt kicks, 2 sprints to finish.	Use some creativity and make up a game with household items. Find different ways to balance or objects to balance on with adult approval	Put on some music and move around to it, find just dance on youtube, get outside and play a game. Eat well, smile and laugh....just have fun!
6 Virtual run for 20 minutes	7 10's on Tuesday workout routine	8 Soccer kick – make a target and practice kicking. Find an object that cannot damage anything if you do not have a ball.	9 Working on rolling and striking today. Find something to be a bowling pin and try to knock it over.	10 No School, have fun and stay safe!
13 – I spy Activity on page 2	14 "Spot It" fitness Activity on page 2	15 - Balloon/sock ball challenge Activity on page 2	16 Balance beam Challenge Activity on page 2	17 Learn to juggle Start with 1 object and then try and move up to 3 objects. I like to use baseballs or rolled up socks.
Word of the day - Adventure	Word of the day - Activity	Word of the day - Catch	Word of the day - Balance	Word of the day - Circus
20 - Ping pong ball toss/bounce Activity on page 2	21 - Ghostbusters fitness Start doing jumping jacks or run on the spot when the song starts. Everytime you hear them say ghostbusters perform one burpee.	22 - Striking by numbers Activity on page 2	23 - Jump by Number Activity on page 2	24 – Just dance/ move to music Get creative and make up your own moves or find a few just dance videos.
Word of the day - Bounce	Word of the day - Exercise	Word of the day - Striking	Word of the day - Mathematics	Word of the day - Creativity
27 Obstacle Course Activity on page 2	28 - Bottle flip fitness Activity on page 2	29 - Alphabet/Name toss Activity on page 2	30 - Phys ed Bingo Check out our bingo card and see how many activities you can mark off. Big shoutout to all who have all spots checked.	
Word of the day - Explore	Word of the day - Jumping	Word of the day - Accuracy	Word of the day - Effort	

I spy - While on your tour try to find as many sport fields, games, activities you could find on your adventure. If you walk over a bridge what activities could you do in water? Did you walk passed a soccer field? What sporting activities happen in the Access center?

Spot it - -- While you are doing things today around the house or yard, do a 10's on Tuesday activities whenever:

Vehicle goes by: 10 jumping jacks

A person: 5 Burpees, with dog 5 squats

A bike: 10 mountain climbers

See a bird: butt kicks for the count of 10

A semi-truck: hold plank for 1 minute

Think of other things you could do just make sure you do 10's on Tuesday.

Water balloon/sock ball challenge - If you have a person to try this with stand 2 meters apart and after each successful catch back up 1 step. If no partner, take a ball and bucket and try to toss the ball into the bucket. If inside you could use a box/laundry basket/clean garbage can, work on your underhand throwing and see if you can get it in the target.

Balance beam Challenge - Create your own balance beams or try to balance on as many different body parts as you can.

One leg, head stand, handstand, knees or one knee or balance something on your head and don't let it drop.

Ping pong ball toss/bounce - Find a non-breakable cup if it is too light adding very little water to keep it from tipping may help. Start from 1 meter apart and move the cup further away after you make a toss or bounce. When you get good at this try bouncing the ball off different objects into the cup.

Striking by Numbers - Either make your own Die or use one from your house. Roll the die and whatever number it lands on that is how many times you must strike an object. ie: hockey stick and puck, Bat and ball, volleyball, badminton racquet and birdie, hand and ball.

Number Jump - With chalk put 10 numbers on your driveway or create numbers and put them on the floor in a random order. Choose a number between 1-5 go to that number and jump on the number, then choose another number between 1-5 go stand on that number and jump. Add the first two numbers you chose and find the answer and jump that many times on the answer.

Obstacle Course - Using items from your house, build an obstacle course either inside your house or outside in your backyard. Be as creative as you can. Time how long it takes you to complete the course and see if you can get better times or challenge family members.

Bottle Flip Fitness - Have a water bottle $\frac{1}{4}$ filled. Do 3 Jumping Jacks, then flip the bottle 2 times. Each time the bottle lands upright, you get a point. Continue jumping jacks and flips for 1 min. How many points can you get in one minute?

Alphabet/Name toss - Write letters on your driveway or stick homemade letters on a wall. Use your name and then try to spell the longest word you can. Use a ball to toss or throw at the letters. If you miss a letter you start back at the beginning of the word. If using a wall or floor inside, please check with Parents for what you can use as we do not want to break anything.