



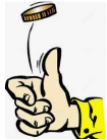






# Elementary Physical Education at Home!

*This calendar encourages students and families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision). Physical activity is good for your body, your brain and your mental health so it is important that you strive to be active 60 minutes every day!*

Monday, March 30	Tuesday, March 31	Wednesday, April 1	Thursday, April 2	Friday, April 3
Warm-Up: <a href="#">Avengers</a> Activity: <a href="#">How do you spell your name? Workout</a> 	Warm-Up: <a href="#">Thunder Tabata</a> Activity: <b>Toss/Catch Challenge</b> Toss and catch with someone at home. How many times can you toss/catch without dropping it? Challenge- get further apart and try to beat your record.	Warm-Up: <a href="#">Avengers</a> Activity: <b>Tic Tac Toe Fitness</b> Play Tic-Tac-Toe with someone at your house. Win=10 Jumping Jacks Lose= 10 Squats Cat= 10 Push-Ups 	Warm-Up: <a href="#">Thunder Tabata</a> Activity: <b>Movie March</b> Turn on your favorite movie and march in place for the first 10 minutes of the movie- repeat every 30 minutes. 	<b>Family Fitness Friday</b> Go outside and go for a family walk or jog! 
Monday, April 6	Tuesday, April 7	Wednesday, April 8	Thursday April 9	Friday, April 10
Warm-Up: <a href="#">Human Bop It</a> Activity: <b>Flip A Coin Fitness</b> Heads- do 10 Mountain Climbers Tails- do 10 Super Mans 	Warm-Up: <a href="#">Kidz Bop Truth Hurts</a> Activity: <b>Bottle Flip Fitness</b> Land it! Run a victory lap If it falls- do 1 frog jump 	Warm-Up: <a href="#">Human Bop It</a> Activity: <a href="#">Would You Rather Fitness</a> 	Warm-Up: <a href="#">Kidz Bop Truth Hurts</a> Activity: <b>Minute to Win It</b> 1 minute of exercises: -Push-Ups -Jumping Jacks -Squats -High Knees -Curl Ups Repeat 	<b>Happy Good Friday!</b> Holiday- Enjoy time with your family.
Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17
Warm-Up: <a href="#">Sid Shuffle</a> Activity: <b>Cosmic Kids Yoga</b> <ul style="list-style-type: none"> <li>• <a href="#">Frozen</a></li> <li>• <a href="#">Pokemon</a></li> </ul>	Warm-Up: <a href="#">Old Time Road</a> Activity: <a href="#">Roll a Workout</a> 	Warm-Up: <a href="#">Sid Shuffle</a> Activity: <b>Super Hero Workout:</b> <ul style="list-style-type: none"> <li>• <a href="#">Ant Man</a></li> <li>• <a href="#">Bat Girl</a></li> <li>• <a href="#">Captain America</a></li> <li>• <a href="#">Wonder Woman</a></li> </ul>	Warm-Up: <a href="#">Old Time Road</a> Activity: <b>Rock Paper Scissors</b> Win- Do a happy dance! Lose- 10 Push-ups Tie- Both partners 10 squats	<b>Family Fitness Friday</b> Play hide and seek! 