

Practical Living Activities Packet

K-3 Rainy Day/Indoor Go Noodle Fitness Activities Mon.-Fri. Twice a day

1. Milkshake- Koo Koo Kanga Roo <https://www.youtube.com/watch?v=dNL6RwymoNg>
2. Pop See 2.0 Koo Koo Kanga Roo <https://www.youtube.com/watch?v=Pwn4beja1QE>
3. Monster Moves Koo Koo Kanga Roo https://www.youtube.com/watch?v=GxKb_VHCYdc
4. Roller Coaster Koo Koo Kanga Roo <https://www.youtube.com/watch?v=GSDxhF6GIUU>
5. Knicky Knacky Knocky Knoo <https://www.youtube.com/watch?v=HMZqjfhKMZY>
6. Pop See Marshmallow party Rock <https://www.youtube.com/watch?v=I91Ox3acemQ>

4-5 Rainy Day/Indoor Fitness Workouts Mon.-Fri. once a day

1. Billy Blanks Tea Bo Kicks <https://www.youtube.com/watch?v=Sn7ltmaHq9E>
2. 25 Minute Kids/Parent Workout <https://www.youtube.com/watch?v=dhCMOC6GnrY>
3. Family Fun Cardio Workout <https://www.youtube.com/watch?v=5if4cjO5nxx>
4. Kids HIIT Workout 2 <https://www.youtube.com/watch?v=lc1Ag9m7XQo>
5. Kids Dance & Fitness w/ Paul Eugene <https://www.youtube.com/watch?v=hlvbnCFvF7g>

Pick and choose from any of the following workout videos daily. Try to get at least an hour of exercise/movement per day if possible. You may also choose other safe workout videos from YouTube if you want a different variety from the lists given above.

K-5 Outdoor Fitness activities Mon.-Fri. as much as you like

1. Walk/run 4 ½ to 5 laps around Cassidy/Morton School track is about a mile.
2. Ride your bike 3 miles per day if possible. (12-15 laps around Cassidy/Morton track)
3. Jump rope activities for 30 minutes per day.
4. Hoola hoop for flexibility for 15-30 minutes per day.
5. Play basketball at home daily if applicable.
6. Soccer drills at home in the yard if applicable.