Monday	Tuesday	Wednesday	Thursday	Friday
Cardio (Warm Up				
You Muscles)	Your Muscles)	You Muscles)	You Muscles)	You Muscles)
hopping (left				
foot then				
right foot)				
 jumping over				
the invisible				
line skipping				
down the				
yellow brick				
road squat and				
walk like a				
duck galloping like				
a horse				
Stretches	Stretches	Stretches	Stretches	Stretches
Count to 10 for each				
stretch	stretch	stretch	stretch	stretch
While Standing				
-Feet together, bend				
at the waist, and				
touch your toes				
-Feet apart, reach				
and touch your right				
leg with both hands				
(Switch and do the				

Elementary School Activities and Games

1	same with the left	same with the left	same with the left	same with the left
leg.)	leg.)	leg.)	leg.)	leg.)
-Kick your right foot	-Kick your right foot	-Kick your right foot	-Kick your right foot	-Kick your right foot
back towards your	back towards your	back towards your	back towards your	back towards your
glutes and hold your	glutes and hold your	glutes and hold your	glutes and hold your	glutes and hold you
foot (Switch and do	foot (Switch and do	foot (Switch and do	foot (Switch and do	foot (Switch and do
the same with the	the same with the	the same with the	the same with the	the same with the
opposite foot.)	opposite foot.)	opposite foot.)	opposite foot.)	opposite foot.)
-Right arm across	-Right arm across	-Right arm across	-Right arm across	-Right arm across
your chest then pull	your chest then pull	your chest then pull	your chest then pull	your chest then pull
with your opposite	with your opposite	with your opposite	with your opposite	with your opposite
hand (Switch and do	hand (Switch and do	hand (Switch and do	hand (Switch and do	hand (Switch and do
the same with the	the same with the	the same with the	the same with the	the same with the
opposite arm)	opposite arm)	opposite arm)	opposite arm)	opposite arm)
	n/user/GoNoodleGames/fea			
https://www.youtube.com https://www.youtube.com		ple+exercises+for+kids		
https://www.youtube.com https://www.youtube.com https://www.healthykids.i	n/user/GoNoodleGames/fea n/results?search_query=sim	ple+exercises+for+kids	Cool Down	Cool Down
https://www.youtube.com https://www.youtube.com https://www.healthykids.r	n/user/GoNoodleGames/fea n/results?search_query=sim nsw.gov.au/kids-teens/stats	ple+exercises+for+kids -and-facts-kids.asp	Cool Down Find some space to	
https://www.youtube.com https://www.youtube.com https://www.healthykids.n Cool Down Find some space to	h/user/GoNoodleGames/fea h/results?search_query=sim nsw.gov.au/kids-teens/stats Cool Down Find some space to walk back and forth	ple+exercises+for+kids -and-facts-kids.asp Cool Down Find some space to walk back and forth	Find some space to walk back and forth	Find some space to walk back and forth
https://www.youtube.com https://www.youtube.com https://www.healthykids.r Cool Down Find some space to walk back and forth	h/user/GoNoodleGames/fea h/results?search_query=sim nsw.gov.au/kids-teens/stats Cool Down Find some space to	<u>ple+exercises+for+kids</u> <u>-and-facts-kids.asp</u> Cool Down Find some space to	Find some space to	Find some space to
https://www.youtube.com https://www.youtube.com	h/user/GoNoodleGames/fea h/results?search_query=sim nsw.gov.au/kids-teens/stats Cool Down Find some space to walk back and forth	ple+exercises+for+kids -and-facts-kids.asp Cool Down Find some space to walk back and forth	Find some space to walk back and forth	Find some space to walk back and forth