

Elementary School Activities and Games

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cardio (Warm Up You Muscles)</p> <ul style="list-style-type: none"> • 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 	<p>Cardio (Warm Up Your Muscles)</p> <ul style="list-style-type: none"> • 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 	<p>Cardio (Warm Up You Muscles)</p> <ul style="list-style-type: none"> • 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 	<p>Cardio (Warm Up You Muscles)</p> <ul style="list-style-type: none"> • 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 	<p>Cardio (Warm Up You Muscles)</p> <ul style="list-style-type: none"> • 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
<p>Stretches Count to 10 for each 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</p>	<p>Stretches Count to 10 for each 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</p>	<p>Stretches Count to 10 for each 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</p>	<p>Stretches Count to 10 for each 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</p>	<p>Stretches Count to 10 for each 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</p>

<p>same with the left leg.) -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.) -Right arm across your chest then pull with your opposite hand (Switch and do the same with the opposite arm)</p>	<p>same with the left leg.) -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.) -Right arm across your chest then pull with your opposite hand (Switch and do the same with the opposite arm)</p>	<p>same with the left leg.) -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.) -Right arm across your chest then pull with your opposite hand (Switch and do the same with the opposite arm)</p>	<p>same with the left leg.) -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.) -Right arm across your chest then pull with your opposite hand (Switch and do the same with the opposite arm)</p>	<p>same with the left leg.) -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.) -Right arm across your chest then pull with your opposite hand (Switch and do the same with the opposite arm)</p>
<p>Activities (Monday-Friday) https://www.youtube.com/user/GoNoodleGames/featured https://www.youtube.com/results?search_query=simple+exercises+for+kids https://www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-kids.asp</p>				
<p>Cool Down Find some space to walk back and forth for at least 90 seconds.</p>	<p>Cool Down Find some space to walk back and forth for at least 90 seconds.</p>	<p>Cool Down Find some space to walk back and forth for at least 90 seconds.</p>	<p>Cool Down Find some space to walk back and forth for at least 90 seconds.</p>	<p>Cool Down Find some space to walk back and forth for at least 90 seconds.</p>