

3RD - 5TH GRADE

FITNESS ROUTINES AND ACTIVITY SUGGESTIONS

Here is a list of activities for you to choose from this week. We recommend you do at least one a day, and also check out the Health Tips Calendar and Healthy Hawks Brain Break Routine.

1.	<p>DIY AIR HOCKEY</p> <p>https://www.youtube.com/watch?v=d3mkr7QbA6Y</p>
2.	<p>BOWL BALL</p> <p>https://www.youtube.com/watch?v=oqxPvNgjuNw</p>
3.	<p>SOCCER BASKETBALL</p> <p>https://www.youtube.com/watch?v=Yr6_Lb9wkC4</p>
4.	<p>WATER BOTTLE TRAP</p> <p>https://www.youtube.com/watch?v=CC6oSU891Ns</p>
5.	<p>KEEP IT UP</p> <p>https://www.youtube.com/watch?v=BGv8vnItKCw</p>
6.	<p>CRAB WALK RELAY</p> <p>https://www.youtube.com/watch?v=jpKFn2sMwsc</p>
7.	<p>BOP IT</p> <p>https://www.youtube.com/watch?v=agVor7UldL8</p>
8.	<p>AEROBIC BOWLING</p> <p>https://www.youtube.com/watch?v=iIPm0YHEBIU</p>
9.	<p>SPEED BOUNCE CHALLENGE</p> <p>https://www.youtube.com/watch?v=BjYsyfXStv8</p>
10.	<p>CHALK WORKOUT</p> <p>https://www.youtube.com/watch?v=NOcrJLXVW1s</p>