

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>CHALK OBSTACLE COURSE - A WHOLE FAMILY ACTIVITY https://www.youtube.com/watch?v=YzZfpBBCbEc</p>
2.	<p>BETTER WHEN I'M DANCING - DANCE UP STUDIO https://www.youtube.com/watch?v=B5fq5ZV4ao</p>
3.	<p>THE SWEAT BOX https://www.youtube.com/watch?v=ILpC4NaPoJY</p>
4.	<p>BASKETBALL INTERACTIVE GAME https://www.youtube.com/watch?v=OJPCnc7rTHA</p>
5.	<p>FITNESS BATTLESHIP https://www.youtube.com/watch?v=nBJalWH8ljk</p>
6.	<p>21 FOOTWORK DRILLS https://www.youtube.com/watch?v=zc0wqDQ4wPs</p>
7.	<p>COUCH COMMERCIAL WORKOUT https://www.youtube.com/watch?v=Hn8QWD-6jSE</p>
8.	<p>BROOM GOLF CHALLENGE https://www.youtube.com/watch?v=C0m1p8KOelg</p>
9.	<p>TABATA #2 https://www.youtube.com/watch?v=nKVV2hKxbzA&list=PLQd6VB9cBNqinTfw9eUINhDLqPFLU0Kpf&index=2</p>
10.	<p>PLANK TIC TAC TOE https://www.youtube.com/watch?v=OAgThmbpGFs&list=PLQd6VB9cBNqinTfw9eUINhDLqPFLU0Kpf&index=1</p>