

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 style="text-align: center;">BLAST OFF</p> <p style="text-align: center;">https://www.youtube.com/watch?v=K4DnPhR9_mo</p>
2.	<p style="text-align: center;">JUMANJI FITNESS CHALLENGE</p> <p style="text-align: center;">https://www.youtube.com/watch?v=FokWfHsqOqc</p>
3.	<p style="text-align: center;">SIDEWALK CHALK CHALLENGE</p> <p style="text-align: center;">https://www.youtube.com/watch?v=DHUUcP92qIY</p>
4.	<p style="text-align: center;">STAR WARS JEDI TRAINING</p> <p style="text-align: center;">https://www.youtube.com/watch?v=6wVo6Hmflds</p>
5.	<p style="text-align: center;">SCAVENGER HUNT FITNESS QUEST</p> <p style="text-align: center;">https://www.youtube.com/watch?v=oxeesc1SqFk&t=111s</p>
6.	<p style="text-align: center;">YMCA P.E. AT-HOME WORKOUT</p> <p style="text-align: center;">https://www.youtube.com/watch?v=XfPfQKjoshk</p>
7.	<p style="text-align: center;">ANIMAL ADVENTURE</p> <p style="text-align: center;">https://www.youtube.com/watch?v=hT6jgkAUB9Y</p>
8.	<p style="text-align: center;">PLINKO FITNESS</p> <p style="text-align: center;">https://www.youtube.com/watch?v=of_QckOljE0</p>
9.	<p style="text-align: center;">SOCK BALL TOSSING/CATCHING ACTIVITIES</p> <p style="text-align: center;">https://www.youtube.com/watch?v=vSHpJ9Vrkio</p>
10.	<p style="text-align: center;">SOCK BOCCE BALL</p> <p style="text-align: center;">https://www.youtube.com/watch?v=zkmghn9A1XI</p>