

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>I LOVE ZUMBA - FRIEND LIKE ME FROM ALADDIN https://www.youtube.com/watch?v=Rmk5_96Gb38&t=1s</p>
2.	<p>FLIP FLOP FRENZY https://www.youtube.com/watch?v=7Y0Zg-ZG6oo</p>
3.	<p>BASKETBALL HIIT WORKOUT https://www.youtube.com/watch?v=HRGU3igMytM</p>
4.	<p>HEALTHWORKS! YOUTH FITNESS 301 CARDIO https://www.youtube.com/watch?v=EkuRPJ8rMZI</p>
5.	<p>TABATA https://www.youtube.com/watch?v=MKVe4Zs6KRk</p>
6.	<p>BASKET TOSS https://www.youtube.com/watch?v=dQ19De3id3k</p>
7.	<p>PUMP IT UP https://www.youtube.com/watch?v=etYhiq9hM8A</p>
8.	<p>ROLL THE DICE FITNESS https://www.youtube.com/watch?v=IrlL1GrGOKBg</p>