

# 3<sup>RD</sup> - 5<sup>TH</sup> 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.	<b>BACKDOOR BASKETBALL</b> <a href="https://www.youtube.com/watch?v=gY5k_S9iVKc">https://www.youtube.com/watch?v=gY5k_S9iVKc</a>
2.	<b>BASKETBALL SPEED SHOT CHALLENGE</b> <a href="https://www.youtube.com/watch?v=0FECPDuKeD8">https://www.youtube.com/watch?v=0FECPDuKeD8</a>
3.	<b>FITNESS TABATA</b> <a href="https://www.youtube.com/watch?v=ku_rQB7fc6U">https://www.youtube.com/watch?v=ku_rQB7fc6U</a>
4.	<b>MINI HURDLES</b> <a href="https://www.youtube.com/watch?v=AjGi70a526A">https://www.youtube.com/watch?v=AjGi70a526A</a>
5.	<b>PANCAKE FLIPPER</b> <a href="https://www.youtube.com/watch?v=2KETPR_XLv8">https://www.youtube.com/watch?v=2KETPR_XLv8</a>
6.	<b>SLAP BALL</b> <a href="https://www.youtube.com/watch?v=0OLA5LffBzQ">https://www.youtube.com/watch?v=0OLA5LffBzQ</a>
7.	<b>P.E. WARMUP LESSON</b> <a href="https://www.youtube.com/watch?v=aW_JqSK-CgY">https://www.youtube.com/watch?v=aW_JqSK-CgY</a>
8.	<b>STACKS AND JACKS</b> <a href="https://www.youtube.com/watch?v=wvk7RMEhN8Q">https://www.youtube.com/watch?v=wvk7RMEhN8Q</a>
9.	<b>FAVORITE CHARACTER FITNESS</b> <a href="https://www.youtube.com/watch?v=hsfheb5UwdE">https://www.youtube.com/watch?v=hsfheb5UwdE</a>
10.	<b>PAPER PLATE TENNIS</b> <a href="https://www.youtube.com/watch?v=c7ELWo2esGk">https://www.youtube.com/watch?v=c7ELWo2esGk</a>