

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.	SOCK AND BASKET TOSS https://www.youtube.com/watch?v=kwyPDzDRCSA
2.	JUMPING JAX GYM - STRENGTH AND CARDIO KIDS WORKOUT 25 MINUTES https://www.youtube.com/watch?v=dhCM0C6GnrY
3.	HARRY POTTER WORKOUT https://www.youtube.com/watch?v=NTcvqBgiT8I
4.	KIDS WORKOUT 1 BEGINNERS https://www.youtube.com/watch?v=L_A_HjHZxfI
5.	BATMAN WORKOUT https://www.youtube.com/watch?v=8dLNbAcMqzc
6.	BIRDIE IN THE CAGE https://www.youtube.com/watch?v=rk_8Wqp3_tE
7.	KIDS DANCE TO "CAN'T STOP THE FEELING" https://www.youtube.com/watch?v=9sxifR0Ltqk
8.	MARSHMELLO DANCE WORKOUT https://www.youtube.com/watch?v=jUJ9wHWxTh4
9.	TOILET PAPER CHALLENGE https://www.youtube.com/watch?v=XWGa7ytYFQk
10.	SPIN FITNESS https://www.youtube.com/watch?v=PSnxvjmYzcs