

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>LINE JUMP WORKOUT FOR KIDS</p> <p>https://www.youtube.com/watch?v=LWQxUoHtoVo</p>
2.	<p>STAR WARS JEDI TRAINING WORKOUT</p> <p>https://www.youtube.com/watch?v=6wVo6HmflDs</p>
3.	<p>FITNESS FRENZY</p> <p>https://peuniverse.com/video/pe-fitness-frenzy-daily-training/</p>
4.	<p>LES MILLS BORN TO MOVE 8-12 YEAR OLD CLASS</p> <p>https://www.youtube.com/watch?v=cl6AGWoPdaE</p>
5.	<p>GOPHER TRAINING - WARMUP</p> <p>https://mk0bloggophersprvo63.kinstacdn.com/wp-content/uploads/2020/04/TrainingWarmUp_Poster_Final_PRINT_proofed.pdf</p>
6.	<p>UNLOCK MY PHONE</p> <p>https://www.youtube.com/watch?v=XXHVFCw336U</p>
7.	<p>COIN FLIP CRAZE</p> <p>https://www.youtube.com/watch?v=61h4j-BNsmw</p>
8.	<p>FLYING PAPER RING CHALLENGE</p> <p>https://www.youtube.com/watch?v=EQlhAuZ9yes</p>
9.	<p>FOOT TRAP SOCCER</p> <p>https://www.youtube.com/watch?v=_xXjl4L-Ses</p>
10.	<p>PILLOW FLICK CHALLENGE</p> <p>https://www.youtube.com/watch?v=6gAekhibeQk</p>