

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.

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| 1. | <p>HAVE A BLAST WITH THIS FAMILY FUN WORKOUT VIDEO https://www.youtube.com/watch?v=5if4cjO5nxo</p> |
| 2. | <p>MAKE YOUR OWN BALL AND SCOOP CATCHER https://www.youtube.com/watch?v=UIFA5GddO40</p> |
| 3. | <p>3 COLORFUL ACTIVITIES WITH SCARVES (OR SOMETHING ELSE YOU MIGHT HAVE AT HOME) https://www.youtube.com/watch?v=Dt2P5jg3vZk</p> |
| 4. | <p>SCARF JUGGLING BASICS (BEGINNER) https://www.youtube.com/watch?v=ve2FKNctOBg</p> |
| 5. | <p>CREATE YOUR OWN P.E. EQUIPMENT - P.E. GENIUS HOUR https://www.youtube.com/watch?v=6hoScDIEdtE</p> |
| 6. | <p>THREAD THE NEEDLE https://www.youtube.com/watch?v=L8sAidsN54w</p> |
| 7. | <p>4 SPOT EXERCISE CHALLENGE https://www.youtube.com/watch?v=9G-DizR9rRE&t=73s</p> |
| 8. | <p>OVERHAND SOCK BALL CHALLENGE https://www.youtube.com/watch?v=DMTJzGaakOc</p> |
| 9. | <p>4 MINUTE JUMP ROPE WORKOUT (USE YOUR IMAGINARY ROPE IF YOU DON'T HAVE ONE) https://www.youtube.com/watch?v=0A6GR4rKiHw</p> |
| 10. | <p>TOSSING, TRACKING AND CATCHING SKILLS (CAN USE A SOCK BALL) https://www.youtube.com/watch?v=XhG7N-yM1TU</p> |