

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 calendar and Healthy Hawks Brain Break Routine.

1.	SPIDERMAN WORKOUT https://www.youtube.com/watch?v=YC_V8hnU2PY
2.	TABATA WITH SONORA ELEMENTARY https://www.youtube.com/watch?v=MKVe4Zs6KRk
3.	AVENGERS ENDGAME TABATA https://www.youtube.com/watch?v=jyWyBern6q4
4.	KIDS CIRCUIT WORKOUT (FOR PARENTS TOO) https://www.youtube.com/watch?v=_97QFX3w1E4
5.	MADISON KEYS JUMP, SQUAT, TURN AROUND https://family.gonoodle.com/activities/madison-keys-jump-squat-turn-around
6.	HIT THE BALL https://family.gonoodle.com/activities/hit-the-ball-yall
7.	P.E. INTERVAL WORKOUT https://www.youtube.com/watch?v=DLxF4mllql
8.	PLANK TAP CHALLENGE https://www.youtube.com/watch?v=zy2i1hqwQD0&t=78s
9.	I'M EGGS-HAUSTED https://www.youtube.com/watch?v=DqnYVGWx96c
10.	FORTNITE DANCE WORKOUT https://www.youtube.com/watch?v=MnpXqr3KXNw