

STUDENTS STAY ACTIVE! GET OUTSIDE WHEN YOU CAN.

Please follow your parents rules and be responsible when doing these activities.

Make sure there is enough space for you to perform the skill. Warm up with 10 Jumping Jacks before each daily challenge.

These challenges will be lots of FUN!!

### **Week 1 (Wed-Friday)**

#### **Day 1-**

Jog in place with High Knees. Use the Variations shown in the video. Count to 50 doing each variation. Start with basic High Knees, move to firecrackers, then Piano.

<https://youtu.be/NDFbk3e83hA>

#### **Day 2-**

Leap from one spot on the floor or grass, to the next spot trying to reach it. Hands on your hips for balance. You can place an object on the ground, and then another object away from it about the length of your body. See if you can jump(feet together) or leap(feet not together) over to the second object. If it was too easy move it farther away. If it was hard, bring the object closer to the other object.

#### **Day 3-**

Calm your mind and body with this video.

[https://youtu.be/bRkILioT\\_NA](https://youtu.be/bRkILioT_NA)

### **WEEKEND CHALLENGE!**

Put on your favorite songs and follow this:

20 jumping jacks

Balance on 1 foot for 1 minute, switch to your other foot.

Throw a ball high above you and catch it. Catch the ball 15 times.

Freestyle dance for 2 minutes- just move your body to the music! Be your crazy fun self!

### **Week 2:**

#### **Day 4-**

#### **K-3rd**

SKIP in place for 1 minute, then watch this video and follow along. Starts at 0:15 seconds.

<https://youtu.be/ssac7sfUOgM>

### **4-6 YMCA**

<https://youtu.be/nSJMfUT4ez4>

**Day 5-**

Follow along with these fun movements! If a different movement comes to your mind- go for it, just keep doing that movement until they show you changing to a different movement.

<https://youtu.be/QfzRP6V5rE4>

**Day 6-**

Do this with your siblings, family or your friends. No mat required. Get your heart rate up by moving and feel so good at what you accomplished!

<https://youtu.be/5if4cjO5nxo>

**Day 7-**

Plank for 30 seconds, you can even try for 1 minute!

<https://youtu.be/F7GQkpljUXg>

**Day 8-**

Follow along with this fun SONG! Get up and get moving!

<https://youtu.be/fpD9kRyBn8o>

**WEEKEND CHALLENGE**

Get out with your friends or family and play a game of TAG!!! Everyone is it! Watch this quick video that explains. You can play outside too, just decide where you can't go out of bounds.

[https://youtu.be/TYml\\_NJPRqQ](https://youtu.be/TYml_NJPRqQ)

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