

Created by Mario Gonzalez but credit to Joson Steele @PerkettPE

**Each day you get to choose your workout! Pick one of the daily exercises and look at the American Heart Association Link of the Day. Also, pick an exercise to do from the daily choices list if you want. Remember to drink water daily. Wash your hands often for 20 seconds. Eat fruits and vegetables with every meal. HAVE FUN, BE SAFE, and BE ACTIVE. PLEASE, post pictures on Class Dojo exercising.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday**  **April 13** | **Tuesday**  **April 14** | **Wednesday**  **April 15** | **Thursday**  **April 16** | **Friday**  **April 17** |
| **Pre-3 – 2nd**  [GONoodle](https://family.gonoodle.com/activities/indoor-recess-you-pick-number-1)  [Workout](https://family.gonoodle.com/activities/indoor-recess-you-pick-number-1)  (Click on Link)  OR  Play a tag game  for 10 minutes | **Pre-3 – 2nd**  Warm up 5 min  [Sharp PE Website](https://sharppe4kids.weebly.com/)  OR  Dance to your  favorite music for  10 minutes | **Pre-3 – 2nd**  [Captain America Workout](https://docs.google.com/presentation/d/1s7CzynPPvEY4ILlmpFhMn7FvfW6TuL8VSlgM2tpgp_Q/present?slide=id.ga4d622c00_0_11)  (Click on Link)  OR  [Sharp PE Website](https://sharppe4kids.weebly.com/) | **Pre-3 – 2nd**  Warm up 5 min  [Sharp PE Website](https://sharppe4kids.weebly.com/)  OR  Run in place or  run laps for 5  minutes | **Pre-3 – 2nd**  [Youtube Cardio Workout](https://www.youtube.com/watch?v=5if4cjO5nxo)  (Click on Link)  OR  [GoNoodle Workout](https://family.gonoodle.com/activities/indoor-recess-you-pick-number-3)  (Click on Link) |
| **3rd - 5th**  [GONoodle](https://family.gonoodle.com/activities/indoor-recess-you-pick-number-1)  [Workout](https://family.gonoodle.com/activities/indoor-recess-you-pick-number-1)  (Click on Link)  OR  Play a tag game  for 10 minutes | **3rd – 5th**  Warm up 5 min  [Sharp PE Website](https://sharppe4kids.weebly.com/)  OR  Dance to your  favorite music for  10 minutes | **3rd – 5th**  [Captain America Workout](https://docs.google.com/presentation/d/1s7CzynPPvEY4ILlmpFhMn7FvfW6TuL8VSlgM2tpgp_Q/present?slide=id.ga4d622c00_0_11)  (Click on Link)  OR  [Sharp PE Website](https://sharppe4kids.weebly.com/) | **3rd – 5th**  Warm up 5 min  [Sharp PE Website](https://sharppe4kids.weebly.com/)  OR  Run in place or  run laps for 5  minutes | **3rd – 5th**    [Youtube Cardio Workout](https://www.youtube.com/watch?v=5if4cjO5nxo)  (Click on Link)  OR  [GoNoodle Workout](https://family.gonoodle.com/activities/indoor-recess-you-pick-number-3)  (Click on Link) |

**Daily Choices**

Build a Fort

Plank for as long as you can

Jump rope for 10 minutes non-stop

Create your own dance and share with family

Run in place for 10 minutes

Play a Just Dance Video and dance

Play throw and Catch with a sock (form a ball with sock)

Play hide and seek

**American Heart Association**

**Link of the Day!**

Monday: [Think F.A.S.T.](https://docs.google.com/presentation/d/1R24Tj2vuC4cqz2QEfoBOUrMOt-mInwFi1LrGnX2_itY/present?slide=id.p)

Tuesday: [Heart Healthy Meals](https://docs.google.com/presentation/d/1Q1077NyH-jGARaFuwd_-iqqNvIqs7Yc4ROQSOYxZCic/present?slide=id.p)

Wednesday: [Games Day](https://docs.google.com/presentation/d/1SHJEAuiZlYNqOO23DyBeHgRFmpi0B7prHhvAFD4tU8w/present?slide=id.p)

Thursday: [Playing with Gratitude](https://docs.google.com/presentation/d/1poCQiagjskLh0cWn5s1YP7T-UmK8TJOKe37hvRk4AlA/present?slide=id.p)

Friday: [25 Ways to Move](https://docs.google.com/presentation/d/1NHMN2ebLspzxgbb0RXnmiNx3KJ0rmDsrh2tlc1n5ATw/present?slide=id.p)