Created by Mario Gonzalez but credit to Joson Steele @PerkettPE



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| **Monday**  **April 20** | **Tuesday**  **April 21** | **Wednesday**  **April 22** | **Thursday**  **April 23** | **Friday**  **April 24** |
| **Pre-3 – 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 | **Pre-3 – 5th**  Warm up 5 min  [Home School](https://homeschoolhideout.com/homeschool-pe-channels-to-get-you-moving/)  OR  Dance to your  favorite music for  10 minutes | **Pre-3 – 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/) | **Pre-3 – 5th**  Warm up 5 min  [5 Minute Workout](https://www.youtube.com/watch?v=d3LPrhI0v-w&feature=youtu.be)  OR  Run in place or  run laps for 5  minutes | **Pre-3 – 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) |

**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.**

**GO NOODLE**

Monday: [Baby Shark](https://app.gonoodle.com/activities/baby-shark?s=category&t=Workout&sid=42)

Tuesday: [Pump it Up](https://app.gonoodle.com/activities/pump-it-up?s=category&t=Workout&sid=42)

Wednesday: [Dinosaur Stomp](https://app.gonoodle.com/activities/dinosaur-stomp?s=category&t=Cross%20Lateral%20Skills&sid=25)

Thursday: [Get Your Body](https://app.gonoodle.com/activities/get-yo-body-running-like-the-uber-kitty?s=category&t=Workout&sid=42)

Friday: [Jump, Squat, Turn Around](https://app.gonoodle.com/activities/madison-keys-jump-squat-turn-around?s=category&t=Workout&sid=42)

**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), and/or Play hide and seek