

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.**

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| **Monday**  **April 6** | **Tuesday**  **April 7** | **Wednesday**  **April 8** | **Thursday**  **April 10** | **Friday**  **April 11** |
| **Pre-3 – 2nd**  Warm up 5 min  [25 Ways to Get Moving](file:///D:\2019-2020%20Folder\At%20Home%20Learning\25%20Ways%20to%20Get%20Moving%20at%20home.pdf)  (Choose 5)  OR  Stand and read for 20 minutes | **Pre-3 – 2nd**  BATMAN Workout [www.tinyurl.com/ BatWorkout](https://docs.google.com/presentation/d/1S5ZXCFdbXND48Z0V9KVKgw0oYZW3tw1e2jkFROhQE6Y/present?slide=id.g63e5f90e4_0_0)  OR  BATGIRL Workout [www.tinyurl.com/ BatgirlWorkout](https://docs.google.com/presentation/d/1IuGy4GJbiQ34YzISjbtfA9--TroAR945ddwMxfoZ0bg/present?slide=id.gca8d59132_5_0) | **Pre-3 – 2nd**  Warm up 5 min  [25 Ways to Get Moving](file:///D:\2019-2020%20Folder\At%20Home%20Learning\25%20Ways%20to%20Get%20Moving%20at%20home.pdf)  (Choose 5)  OR  [Sharp PE Website](https://sharppe4kids.weebly.com/) | **Pre-3 – 2nd**  [Get Active at Home Workout](https://www.youtube.com/watch?v=3_oIssULEk0) (Click on Link)    OR  Do jumping jacks for 5 minutes | **Pre-3 – 2nd**  Warm up 5 min  [25 Ways to Get Moving](file:///D:\2019-2020%20Folder\At%20Home%20Learning\25%20Ways%20to%20Get%20Moving%20at%20home.pdf)  (Choose 5)  OR  [GoNoodle Workout](https://family.gonoodle.com/activities/indoor-recess-you-pick-number-3)  (Click on Link) |
| **3rd - 5th**  Warm up 5 min  [25 Ways to Get Moving](file:///D:\2019-2020%20Folder\At%20Home%20Learning\25%20Ways%20to%20Get%20Moving%20at%20home.pdf)  (Choose 5)  OR  Stand and read for 20 minutes | **3rd – 5th**  BATMAN Workout [www.tinyurl.com/ BatWorkout](https://docs.google.com/presentation/d/1S5ZXCFdbXND48Z0V9KVKgw0oYZW3tw1e2jkFROhQE6Y/present?slide=id.g63e5f90e4_0_0)  OR  BATGIRL Workout [www.tinyurl.com/ BatgirlWorkout](https://docs.google.com/presentation/d/1IuGy4GJbiQ34YzISjbtfA9--TroAR945ddwMxfoZ0bg/present?slide=id.gca8d59132_5_0) | **3rd – 5th**  Warm up 5 min  [25 Ways to Get Moving](file:///D:\2019-2020%20Folder\At%20Home%20Learning\25%20Ways%20to%20Get%20Moving%20at%20home.pdf)  (Choose 5)  OR  [Sharp PE Website](https://sharppe4kids.weebly.com/) | **3rd – 5th**  [Get Active at Home Workout](https://www.youtube.com/watch?v=3_oIssULEk0) (Click on Link)    OR  Do jumping jacks for 5 minutes | **3rd – 5th**    Warm up 5 min  [25 Ways to Get Moving](file:///D:\2019-2020%20Folder\At%20Home%20Learning\25%20Ways%20to%20Get%20Moving%20at%20home.pdf)  (Choose 5)  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: [Dance it out!](https://docs.google.com/presentation/d/1xYKi-xObvbjhuwR95fWa56rO42W0tdBv9v3QVjhLGi4/present?slide=id.p)

Tuesday: [Know you Heart](https://docs.google.com/presentation/d/1b9wIMFGxtLokDTntV9naPJ15HTLrsaBjtnrwTBs85y8/present?slide=id.p)

Wednesday: [FINNS Missions](https://docs.google.com/presentation/d/1JsFw5WcQlaPs2ZX1Al2rObq8oR2dh5WQyrbjVXUNVJE/present?slide=id.p)

Thursday: [Jump Around](https://docs.google.com/presentation/d/1VkrSyRKUTZhDmlV5H3Twwv4iyTmvZLDYzxBT8N_WYYo/present?slide=id.p)

Friday: [Connect the Dots](https://docs.google.com/presentation/d/12MyawUH69sHTcLeOKivWXbMS7CyOXPbQxfC2tMfcaN0/present?slide=id.p)