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.**

**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

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| --- | --- | --- | --- | --- |
| **Monday****May 11** | **Tuesday****May 12** | **Wednesday****May 13** | **Thursday****May 14** | **Friday****May 15** |
| **Pre-3 – 5th** Upper Body 10 XWall, Knee, or regularPush-upsAND/ ORPick any sport or game you like to play | **Pre-3 – 5th** Strengthening 10 XCurling food cans, water bottles, or other exercisesAND/ ORFitness Scavenger Hunt inside the house | **Pre-3 – 5th** Abdominal 10 XRegular or partnerCurl-upsAND/ ORVolley in Play (air) a volleyball, balloon, beach ball for 3 sets of 15 times | **Pre-3 – 5th** Cardio 10 MinutesRunning in place, pace running, jump ropeAND/ ORToss or pass your favorite sports equipment with someone in yourfamily or 15 minutes | **Pre-3 – 5th** Stretching 10 X eachtoe touch, right over left/right, straddle to the right/leftAND/ORCombination 3 XUpper Body, Strengthening, Abdominal,Cardio |

 **Stay Home Stay Fit Stay Safe**

** SPORTS and FITNESS WEEK**