Created by Mario Gonzalez but credit to Joson Steele @PerkettPE



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| **Monday**  **May 18** | **Tuesday**  **May 19** | **Wednesday**  **May 20** | **Thursday**  **May 21** | **Friday**  **May 22** |
| **Pre-3 – 2nd**  Warm up  [Mario](https://www.youtube.com/watch?v=39L-M5nhx6Y&list=PLCpoNIIHvo1TVazT_kiWL194kefYiAed1)  (Just Dance)  AND  Activity 1:  [Walking Trail 1](https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HHPH-ActiveHome-WalkWash-TrailPacket-V2.pdf)  Use packet to create a working trail with a family member | **Pre-3 – 2nd**  Warm up  [Ghost Busters](https://www.youtube.com/watch?v=RYgIVc5Jvjg)  (Just Dance)  AND  Activity 2:  [Walking Trail 2](https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HHPH-ActiveHome-WalkWash-TrailPacket-V2.pdf)  Walling through your trail &finish all stations | **Pre-3 – 2nd**  Warm up  [Anger Birds](https://www.youtube.com/watch?v=8ay3ooki7Qo)  (Just Dance)  AND  Activity 3:  [Walking Trail 3](https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HHPH-ActiveHome-WalkWash-TrailPacket-V2.pdf)  Walking and talk with a family member | **Pre-3 – 2nd**  Warm up  [Watch Me](https://www.youtube.com/watch?v=3kLMwoJLaFc)  (Just Dance)  AND  Activity 4:  [Walking Trail 4](https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HHPH-ActiveHome-WalkWash-TrailPacket-V2.pdf)  Walk through your trail & finish all stations | **Pre-3 – 2nd**  Warm up  [Five Little Monkeys](https://www.youtube.com/watch?v=IxF0iayJR-s)  (Just Dance)  AND  Activity 5:  [Walking Trail 5](https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HHPH-ActiveHome-WalkWash-TrailPacket-V2.pdf)  Walk and talk with a family member |
| **Pre-3 – 5th**  Warm up  [Ghost Busters](https://www.youtube.com/watch?v=RYgIVc5Jvjg)  (Just Dance)  AND  Activity 1:  [Walking Trail 1](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Use packet to create a working trail with a family member | **Pre-3 – 5th** Warm up  [24 Magic](https://www.youtube.com/watch?v=RliJM-aBNTw&list=PLcfDQkQryJM7u-2CXJNVnzUYf2HRrmCxR&index=23)  (Just Dance)  AND  Activity 2:  [Walking Trail 2](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walling through your trail &finish all stations | **Pre-3 – 5th** Warm up  [Timber](https://www.youtube.com/watch?v=lQxj2JcHEso)  (Just Dance)  AND  Activity 3:  [Walking Trail 3](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walking and talk with a family member | **Pre-3 – 5th** Warm up  [Marshmello](https://www.youtube.com/watch?v=g7P1j1fs3uw)  (Just Dance)  AND  Activity 4:  [Walking Trail 4](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walk through your trail & finish all stations | **Pre-3 – 5th**  Warm up  [Old Town Road](https://www.youtube.com/watch?v=dnOL4V5_qaM)  (Just Dance)  AND  Activity 5:  [Walking Trail 5](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walk and talk with a family member |

**Stay Home Stay Fit Stay Safe**

**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.**

** SPORTS and FITNESS WEEK**