Created by Mario Gonzalez but credit to Joson Steele @PerkettPE



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| **Monday**  **May 4** | **Tuesday**  **May 5** | **Wednesday**  **May 6** | **Thursday**  **May 7** | **Friday**  **May 8** |
| **Pre-3 – 5th**  Days of the week  Use: “Daily Fitness Challenge for Kids”  AND/ OR  Dance off with your family  to 80’s Music | **Pre-3 – 5th**  Card Number Fitness  (Choosing different exercises on each card you draw and perform the number on the card)  AND/ OR  Plastic Cup Stack Relay  Shoe Pile Relay  Stuff Animal Pile Relay  (All Verses Time) | **Pre-3 – 5th**  Wellness Wednesday  Walk, jog, or run for 30 minutes  AND/ OR  Name of family members  Use: “Daily Fitness Challenge for Kids” | **Pre-3 – 5th**  Paper Rock Scissors  Exercise Challenge  AND/ OR  Hop Scotch on your driveway, sidewalk, or patio | **Pre-3 – 5th**  Months of the year  Use: “Daily Fitness Challenge for Kids”  AND/ OR  Fun Friday  You Choose |

**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

