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 weekUse: “Daily Fitness Challenge for Kids” AND/ ORDance off with your familyto 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/ ORPlastic Cup Stack RelayShoe Pile RelayStuff Animal Pile Relay(All Verses Time) | **Pre-3 – 5th** Wellness WednesdayWalk, jog, or run for 30 minutesAND/ ORName of family members Use: “Daily Fitness Challenge for Kids” | **Pre-3 – 5th** Paper Rock ScissorsExercise ChallengeAND/ ORHop Scotch on your driveway, sidewalk, or patio | **Pre-3 – 5th** Months of the year Use: “Daily Fitness Challenge for Kids”AND/ ORFun FridayYou 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

