





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Try this mini dance workout: 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat Suggested song: "Party Rock" by LMFAO</p>	<p>2 Happy Baby Pose</p>  <p>Straighten your legs for an added challenge.</p>	<p>3</p> <p>Kick City 10 side kicks 10 front kicks 10 back kicks</p> <p>Be sure to do 10 on each side!</p>	<p>4</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>5</p> <p>A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p>6</p> <p>Step Ups Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10 take a break and do 10 more.</p>
<p>7 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p>8</p> <p>Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>9</p> <p>Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>10</p> <p>Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p>11 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>12</p> <p>Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>13 Try this mini dance workout: 8 bent knee bounces 8 step touches 4 walk to the right & clap 4 walk to the left clap 8 jumps Repeat Suggested song: "Can't stop the Feeling" by Justin Timberlake</p>
<p>14 Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>15 Try this mini dance workout: 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat Suggested song: "Party Rock" by LMFAO</p>	<p>16</p> <p>Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>17</p> <p>Side to Side Jumps Jump side to side over an imaginary line. Do as many as you can for 20 seconds rest for 10 seconds and repeat.</p>	<p>18</p> <p>Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>19 Yogi Squat Pose</p>  <p>Hold for 30 seconds rest and repeat.</p>	<p>20</p> <p>Play Catch Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.</p>
<p>21 Just get out and play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>22</p> <p>Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Yogi Squat post.</p>	<p>23</p> <p>Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.</p>	<p>24</p> <p>Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>25 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>26 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>27</p> <p>I, Spy Walk Go for a walk with your family while playing a game of I, Spy.</p>
<p>28</p> <p>Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>29 Half Lord of the Fishes Pose</p>  <p>Hold for 30 seconds & switch sides.</p>	<p>30</p> <p>Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>31</p> <p>Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p> <p>National Health Observances: -Children's Eye Health & Safety Month -National Immunization Awareness Month</p>		