Div. 16 Physical Fitness Plan

Week of April 6 – 10

	Physical Fitness Complete one physical fitness activity each day. Go to Mrs. Brown's Google Classroom and find your "Fitness Journal". Record your activity and how long you participated. You can choose from the options below or complete your own activity.
Monday (April 6)	Choose one: 1.Choose an activity from the "Physical Fitness Ideas" on Mrs. Brown's Google Classroom. 2.Complete a square in the "Self Care Bingo" on Mrs. Brown's Google Classroom. 3.Choose an activity video from Go Noodle. https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/
Tuesday (April 7)	Choose one: 1.Choose an activity from the "Physical Fitness Ideas" on Mrs. Brown's Google Classroom. 2. Complete a square in the "Self Care Bingo" on Mrs. Brown's Google Classroom. 3. Choose an activity video from Go Noodle. https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/
Wednesday (April 8)	Choose one: 1.Choose an activity from the "Physical Fitness Ideas" on Mrs. Brown's Google Classroom. 2. Complete a square in the "Self Care Bingo" on Mrs. Brown's Google Classroom. 3. Choose an activity video from Go Noodle. https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/
Thursday (April 9)	Choose one: 1.Choose an activity from the "Physical Fitness Ideas" on Mrs. Brown's Google Classroom. 2. Complete a square in the "Self Care Bingo" on Mrs. Brown's Google Classroom. 3. Choose an activity video from Go Noodle. https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/
Friday (April 10)	Choose one: 1.Choose an activity from the "Physical Fitness Ideas" on Mrs. Brown's Google Classroom. 2. Complete a square in the "Self Care Bingo" on Mrs. Brown's Google Classroom. 3. Choose an activity video from Go Noodle. https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/