



Div. 16 Physical Fitness Plan

Week of April 13–17

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. You do not need to hand in your fitness journal until it is completed. It has space for three weeks of fitness.

Monday (April 13)

Choose one:

1. Complete the "Spell Your Name Workout" 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 14)

Choose one:

1. Roll a dice and do the exercise that you roll. (1– run on the spot for 30 seconds; 2 – 10 Jump Squat, 3–15 seconds of Plank ; 4–25 Jumping Jacks ; 5–20 Walking Lunges; 6–5 Push-Ups; **Roll the dice 10 times!**)
2. Complete a square in the "Self Care Bingo" on Mrs. Brown's Google Classroom.
3. Choose an activity video from Go Noodle.

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Wednesday (April 15)

Choose one:

1. Create a dance to one of your favourite songs. Write down the moves to help you remember. Then teach the dance to someone else and perform it together
2. Complete a square in the "Self Care Bingo" on Mrs. Brown's Google Classroom.
3. Choose an activity video from Go Noodle.

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Thursday (April 16)

Choose one:

1. Complete the "Spell Your Name Workout" 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.

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Friday (April 17)

Choose one:

1. Go for a walk with your family in your neighbourhood.
2. Complete a square in the “Self Care Bingo” on Mrs. Brown’s Google Classroom.
3. Choose an activity video from Go Noodle.

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