



Div. 16 Physical Fitness Plan

Week of April 20–24

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 20)

Choose one:

1. Complete the Brentwood Eagle Workout video on the link in Google Classroom under Physical Fitness.
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 21)

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.

Wednesday (April 22)

Choose one:

1. Write out the letters of the alphabet. Assign each letter a dance move, pose or exercise. Use the moves to spell out your name. Try spelling your family members' names and other words. See if you can memorize spelling your name. Which letters do you use a lot? Which letters do you only use a little?
2. Do the Brentwood Eagle Workout video on the link in Google Classroom under Physical Fitness

Thursday (April 23)

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/>

Friday (April 24)

Choose one:

1. Go for a walk with your family in your neighbourhood.
3. Choose an activity video from Go Noodle. <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>