



# Div. 16 Physical Fitness Plan

Week of April 27– May 1

## 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 27)

Choose one:

1. Complete the Brentwood Eagle Workout video on the link in Google Classroom under Physical Fitness.
2. Turn on calming music. Stretch your body in different ways and hold the stretch. Stretch up to the sky, reach to your toes, make yourself as wide as possible, twist one way and then another. After 10 minutes of stretching, sit in a comfortable position. Take some time to close your eyes and pay attention to each of your senses, one at a time. What can you hear? What can you smell? What can you feel? What can you see? What can you taste?
3. Choose an activity video from Go Noodle.

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

**Tuesday** (April 28)

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. Multiplication Jumping Jacks. Use 2 dice or write the numbers 1-6 on pieces of paper (you will need 2 sets of numbers). Roll the dice or choose 2 numbers. Multiply the numbers together and find the answer. Complete that many jumping jacks. Keep track of your number of jumping jacks and see if you can keep going until you have done 200.

**Wednesday** (April 29)

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 30)

Choose one:

1. Complete the "Spell Your Name Workout" on Mrs. Brown's Google Classroom.
2. Choose an activity video from Go Noodle.

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**Friday** (May 1)

Choose one:

1. Create a Treasure Hunt for your family. Start by making a map of the inside of your house and/or your backyard. Include cardinal directions on your map (north, south, east, west). Hide 'treasures' in different spots and mark the spots on your map. Treasures could be messages, stuffed animals, or whatever you can find. You can create clues for your family members to find objects (e.g. If you start at the kitchen table and walk 5 steps north and 3 steps east you will arrive at the first treasure) or you can mark the locations of the treasures on your map. Watch your family hunt and provide clues when necessary.

2. Choose an activity video from Go Noodle.

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