

# PHYSICAL AT HOME Education

**Each day you can choose your workout! Pick ONE of the daily exercises or choose an exercise to do from the daily choice list on the left. HAVE FUN and STAY ACTIVE!**

## DAILY CHOICES

- Build a Fort
- Create an indoor obstacle course
- Build a cup tower and bowl it over with a ball
- Run up and down your stairs for 5 minutes
- JUMP ROPE FOR 10 minutes**
- Create a dance and share it with someone else
- TAKE A FAMILY WALK OR HIKE FOR 20 MINUTES
- Plank for as long as you can
- Play outside for at least 15 minutes
- Create a Skee-Ball ramp and play Skee-Ball

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Run 3 Laps around your house outside	<b>BATMAN Workout</b> <a href="http://www.tinyurl.com/BatWorkout">www.tinyurl.com/BatWorkout</a>	Dance for 10 Minutes	<b>ANTMAN Workout</b> <a href="http://www.tinyurl.com/AntmanWorkout">www.tinyurl.com/AntmanWorkout</a>	20 Burpees and 20 Crab Kicks
	OR	OR	OR	OR	OR
WEEK 2	Stand and read for 20 minutes	<b>BATGIRL Workout</b> <a href="http://www.tinyurl.com/BatgirlWorkout">www.tinyurl.com/BatgirlWorkout</a>	Stretch for 10 Minutes	<b>CYBORG Workout</b> <a href="http://www.tinyurl.com/CyborgWorkout">www.tinyurl.com/CyborgWorkout</a>	Plank as long as you can
	<b>GoNoodle Workout</b> (Click on Link)	Side plank on BOTH sides for 2 minutes	<b>Captain America Workout</b> <a href="http://www.tinyurl.com/CAWorkout">www.tinyurl.com/CAWorkout</a>	Skip 3 Laps around your house outside	<b>YouTube Cardio Workout</b> (Click on Link)
WEEK 3	OR	OR	OR	OR	OR
	Play a tag game for 10 minutes	Run in place for 3 minutes	Take a 5 minute walk around your house	Do as many shoulder touch push-ups as you can in 2 minutes	Invent a tag game and play it with someone else
WEEK 4	<b>Trolls - Happy Dance</b> (Click on Link)	Read a book while doing a wall sit	<b>GoNoodle Workout</b> (Click on Link)	Do as many burpees as you can in 3 minutes	<b>Space Jam Dance</b> (Click on Link)
	OR	OR	OR	OR	OR
WEEK 5	Dance to your favorite music for 10 minutes	Dribble a ball through your house for 5 minutes	Play outside for 15 minutes	Go for a walk with your family	Run in place or run laps for 5 minutes
	Have a plank contest with someone	<b>Get Active at Home Workout</b> (Click on Link)	<b>GoNoodle Workout</b> (Click on Link)	<b>Star Wars - SITH Workout</b> (Click on Link)	Choose any (2) activities from the calendar and (1) daily choice
WEEK 6	OR	OR	OR	OR	
	Vacuum your entire house	Do jumping jacks for 5 minutes	Play catch with a family member	Play outside for 20 minutes	