

April 2020 CCPS Elementary Phys Ed At-Home Calendar

Grades 3-5

Monday	Tuesday	Wednesday	Thursday	Friday
March 30 -3 Cardio exercises -Go Noodle: Fresh Start	31 -3 Upper Body exercises -Go Noodle: Zumba Kids	April 1 -3 Lower Body exercises -Go Noodle: Fresh Start	2 -3 Core exercises -Go Noodle: Zumba kids	3 -Choice Day: 15-20 minutes of exercise
6 -3 Cardio exercises -Go Noodle: Guided Dance	7 -3 Upper Body exercises -Just Dance YouTube	8 -3 Lower Body exercises -Go Noodle: Guided Dance	9 -3 Core exercises -Just Dance YouTube	10 -Choice Day: 15-20 minutes of exercise
13 -3 Cardio exercises -Go Noodle: Fresh Start	14 -3 Upper Body exercises -Go Noodle: Zumba Kids	15 -3 Lower Body exercises -Go Noodle: Fresh Start	16 -3 Core exercises -Go Noodle: Zumba Kids	17 -Choice Day: 15-20 minutes of exercise
20 -3 Cardio exercises -Go Noodle: Guided Dance	21 -3 Upper Body exercises -Just Dance YouTube	22 -3 Lower Body exercises -Go Noodle: Guided Dance	23 -3 Core exercises -Just Dance YouTube	24 -Choice Day: 15-20 minutes of exercise
27 -3 Cardio exercises -Go Noodle: Fresh Start	28 -3 Upper Body exercises -Go Noodle: Zumba Kids	29 -3 Lower Body exercises -Go Noodle: Fresh Start	30 -3 Core exercises -Go Noodle: Zumba Kids	May 1 -Choice Day: 15-20 minutes of exercise

Exercise Choices

Cardio Exercises	Upper Body Exercises	Lower Body Exercises	Core Exercises
-Jumping Jacks -Running/Marching in Place -Walking (safely) -Jogging/Running (safely) -Line Jumps -Touch and Raise -Cross-Country Skiers -Jump Rope -Dancing	-Push-ups (regular, modified, wall) -Shoulder Taps -Shoulder Press -Bicep Curls -Tricep Dips -Pull-ups	-Lunges -Squats -Wall Sits -Leg Lifts (front, back, side) -Hamstring Curls -Calf Raises	-Planks -Sit-ups -Crunches -Elbow to Opposite Knee -Superman -V-sit with leg extension -Russian Twists -Mountain Climbers

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Grades Pre-K - 2

Mindful Monday	Traveling Tuesday	Wellness Wednesday	Throwing Thursday	Fun Friday
<p>March 30 Tell someone about three things you are thankful for. Try 3 yoga poses: Yoga Pose Cards</p>	<p>31 Take a 15-minute walk.</p>	<p>April 1 Drink at least 3 big glasses of water today. Try one Cosmic Kids Yoga video.</p>	<p>2 Use a ball or some bunched-up socks to play catch using underhand and overhand throws.</p>	<p>3 Spend 15 minutes dancing, jumping, running, playing without stopping.</p>
<p>6 Call or write a message (letter, note, Facebook, email) to someone you haven't seen in a while. Do the same 3 yoga poses and add one or two more.</p>	<p>7 Spend 15 minutes travelling outdoors...walk, jog, bike, skateboard, scooter, trampoline, canoe, kayak, horseback...</p>	<p>8 Try another Cosmic Kids video, or a cool down video on GoNoodle. Silence, turn off, or put away electronics an hour before going to sleep.</p>	<p>9 Play catch with someone and see how far apart you can get. Try it both overhand and underhand.</p>	<p>10 Try an <i>Indoor Recess</i> video on GoNoodle.</p>
<p>13 <u>Mindful Snack</u> When eating a snack today, pay attention to the taste, feel, sound, smell, and look of the snack you are eating. What do you notice? Complete 3 more yoga poses</p>	<p>14 Travel using at least 3 different locomotor skills (walk, run, gallop, hop, skip, jump, side slide) in 3 different pathways (straight, curved, zig-zag)</p>	<p>15 Spend at least an hour outside today- ask if you can be helpful with some outdoor chores.</p>	<p>16 How many times can you self-toss and catch an object? How high can you throw an object and catch it?</p>	<p>17 Pick a popular line dance and practice with or teach family members</p>
<p>20 <u>Mindful Senses</u> What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things you smell 1 thing you taste</p>	<p>21 Create an obstacle course in your home or safely outdoors, traveling over, under, around, and/or through objects</p>	<p>22 Make sure to eat a fruit and a vegetable today...frozen, canned or fresh.</p>	<p>23 Throw an object to attempt to hit a target, like a bucket or box, or a safe target on a wall or door</p>	<p>24 Do your favorite outside activity that makes your heart race- try to keep it up for 20 minutes without stopping.</p>
<p>27 Do your 3 favorite yoga poses, and try 2 more. How are you feeling today? Draw a picture, write words and explain to a family member how you feel and why.</p>	<p>28 Travel around inside or outside your home, moving like 4 different animals. See if your family can guess the animals.</p>	<p>29 Spend at least an hour outside today- ask if you can be helpful with some outdoor chores.</p>	<p>30 Try some tricky throws (or kicks, or shots), like last Thursday, but farther away, or to a smaller target, or over/under an obstacle.</p>	<p>May 1 Ask your family to play a game, take a walk or do another activity together for at least 30 minutes.</p>