**May 4-May 8**

**Monday:**

Broom Hockey (need at least 2 players, 2 brooms, 1 ball)

Set up 2 goals

Hit the ball across the floor with the broom and try to score a goal

Use any type of ball or wadded up paper

First to 10 wins

**Tuesday:**

Parachute (need at least 2 players and a blanket)

Hold the edges of the blanket and flap them fast, then slow

Make waves with the blanket

Put a ball on it and try to pop it off

Pop the ball in the air and catch it with the blanket

**Wednesday:**

Balancing (inside or outside)

Walk/run with a book balanced on your head

Walk/run with a stuffed animal balanced on your back

Practice balancing different objects on different parts of your body

**Thursday:**

Name Fitness Challenge (spell your entire name…first, middle, last)

A=10 jumping jacks F=5 Cartwheels K=6 toe touches P=10 sec. butterfly U=15 sec. plank

B=30 sec. plank G=5 forward rolls L=Spin 3 times Q=1 min jog V=3 cartwheels

C=Crab walk H=5 backward rolls M=10 leg kicks R=7 jumping jacks W=crabwalk

D=10 push-ups I =Duck Walk N=4 lunges S=4 leg kicks X=arm circles

E=10 sit-ups J=5 high jumps O=3 burpees T=5 sit-ups Y & Z=Duck walk

**Friday:**

Go outside: Run as fast as you can as long as you can

Ride your bike