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| **Date** | **Description of the Activity** | **How many minutes?** | **Who joined me?** | **What equipment did I use?** |
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**Keep Track of Your Physical Activity**

It is recommended for students to receive 60 minutes of physical activity daily! This does not have to be 60 consecutive minutes- it can be 10 here, 20 here, etc. until you reach 60.

**Ideas for Physical Activity**

*These are just suggestions- get creative and come up with your own ideas, too!*

It is recommended for students to receive 60 minutes of physical activity daily! This does not have to be 60 consecutive minutes- it can be 10 here, 20 here, etc. until you reach 60.

\*Always ask for permission first before doing any activity:

* Yoga
	+ Cosmic Yoga for kids
* Tabata
	+ Follow the exercises I posted on Dojo
	+ Add your favorite exercises into the mix
* Go Noodle
* Ride a bike (with your parents-never alone)
	+ Skateboard
	+ Roller blade
	+ Scooter
* Go for a walk (with your parents-never alone)
	+ Take your dog for a walk
	+ Practice your locomotor skills- walk, run, jog, skip, gallop, slide, hop, jump, leap
* Throw/roll a ball and catch, or kick and trap a ball
	+ With a family member
	+ To your dog (fetch)
	+ Against a wall or a fence
	+ At a target
		- Laundry basket
		- Bucket
		- Hula hoop
		- Cardboard box
* Hula hoop
* Jump rope
* Practice your dibbling skills
	+ Soccer dribbling
	+ Basketball dribbling
	+ \*\*\*any ball with a little bounce can be used- does not have to specifically be a soccer ball or basketball
* Hopscotch, or 4 Square- use chalk to draw the design of the game.
* Practice your striking skills- if you do not have a paddle/racket, you can use a fly swatter or your hand/foot (with a lightweight ball).
	+ Ping pong ball
	+ Balloon
* Practice your balancing skills
	+ Balance on your right foot, then your left foot
	+ Walk in a straight line by placing one foot right in front of the other foot