**April 13-17**

**Monday:**

Volleyball (need 2 players and a balloon)

Make a centerline and boundaries

Hit the balloon back and forth over the centerline

A point each time the balloon hits the ground or opponent hits it out of bounds

Play to 15

\*Play outside with a beach ball

**Tuesday:**

Dodgeball (need 2-3 players and a pair of balled up socks)

Try to dodge the socks being thrown at you

Use boundaries

\*Play outside with water balloons

**Wednesday:**

Make your own obstacle course (inside or outside)

Use objects you can jump over, crawl under, balance on, etc.

Use your imagination

\*Compete with another player like Ninja Warrior

**Thursday:**

Turn the music on

DANCE!

Get your whole family involved

**Friday:**

Walk or jog around your house or neighborhood

Take an adult

\*Take your dog or ride your bike