



Kid Approved Exercise Plan

A home-based
physical
education plan
for your
family!



Monday	Tuesday	Wednesday	Thursday	Friday
Play an exercise version of Simon Says! <i>Example: Simon Says jog in place for 20 seconds.</i>	See how many sit-ups you can do in 1 minute!	Work out video: Trolls	DANCE PARTY! Turn on your favorite song and dance for 3 minutes!	Go on a family walk!
Monday	Tuesday	Wednesday	Thursday	Friday
Play tag outside with a family member for 10 minutes!	See if you can hold a plank for 1 minute!	Work out video: Star Wars	Have a bear crawl race with a family member!	See how many jumping jacks you can do in one minute!
Monday	Tuesday	Wednesday	Thursday	Friday
DANCE PARTY! Turn on your favorite song and dance for 3 minutes!	Go on a family walk!	Work out video: FROZEN	See how many sit-ups you can do in 1 minute!	Play an exercise version of Simon Says! <i>Example: Simon Says jog in place for 20 seconds.</i>
Monday	Tuesday	Wednesday	Thursday	Friday
Have a bear crawl race with a family member!	See how many jumping jacks you can do in one minute!	Work out video: SUPERHERO	See how many step-ups you can do in one minute!	Play tag outside with a family member for 10 minutes!



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