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| April |  |
|  | 2020 |
| PE @ HOME 2020 |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | Deck of Cards Fitness: <https://docs.google.com/document/d/1NYK6B9mTibbxS-E0kXfOIXMAPV1TmnW8d6n2Y0Hhfcg/edit> | Go Noodle indoor recess:  <https://youtu.be/56Frrt4cCXQ> | Just Dance day: Complete 3 or more songs! YouTube just dance songs or play just dance on WII | Ride bike for 30 minutes! | Free Play Friday!! Go Outside! |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | Jump Rope Math: Give a math equation, student has to answer the equation by jump roping that many times. | Cosmic Yoga:  <https://youtu.be/KMY2pMsLiJw> | Workout: 3-5 rounds  10 push-ups  10 squats  10 mountain climbers  10 curl-ups | Spark 5-6-7-8 Dance:  <https://youtu.be/dT00lVTDNTY> | Free Play Friday!! Go Outside! |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | Brain Break Tabata Stretch:  <https://youtu.be/BXv46Fzb2a0> | Fortnite Workout:  <https://youtu.be/MnpxQr3KXNw> | Ride bike for 30 minutes! | You Choose; NFL Edition:  <https://youtu.be/gy7D61Anm0M> | Free Play Friday!! Go Outside! |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
|  | Family Scavenger Hunt:  <https://docs.google.com/document/d/1Zo3Nuh_Ns0-8b1f1XRhtGvTKxKSLzp8LYAFjtqnPnWg/edit> | How to do the Cupid Shuffle:  <https://youtu.be/5_srg-18Fz0> | Avengers Tabata Workout:  <https://youtu.be/jyWyBern6q4> | Jump Rope for 10 minutes! |  |  |
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