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| April2020 | subject | Daily Physical Activity | Mrs. McIntyre |

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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |

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|  | *You will see your activity here.* |  |  |  | Snow Stomp: Write your name or a fun message in the snow by stomping it down with your boots. |  | Tumbling: On a carpet, practice your forward roll and cartwheels. |  | Groovin’: Put on a silly or fast song. Dance until the VERY end! |  |  |
| notes | *Make notes or comments here when you are done.* |  |  |  |  |  |  |  |  |  |  |
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|  | Wild Walk: Go for a walk with paper and a pencil. Record all the animals you see. |  | Speed Round: Use a timer to see how long it takes you to run around your block or to the end of your street and back. (Don’t cross the road.) |  | Yardwork: Spend some time in your yard. Tidy or just play. |  | Bunny Hop: With your feet together, hop up the stairs, run back, repeat. Challenge yourself. |  | Groovin’: Let your parent choose a song from when they were in school. Dance until the very end! (Even if the song is cheesy!) |  |  |
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|  | 13 |  | 14 |  | 15 |  | 16 |  | 17 |  | 18/19 |
|  | Pass n’ Catch: With a partner or against a wall, roll or throw a ball. Count how many you can do in a row. |  | Tag: Play a game of tag with the people in your home! |  | Yoga: On the carpet, do a “Cosmic Yoga” from youtube or practice your stretching. Can you still touch your toes? |  | Pushup Power: Do a small number of pushups. Take a short break. Do it again! And again? How many rounds can you do??? |  | Groovin’: Learn a dance move! Ask a parent or look one up online. Smile and try it! |  |  |
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|  | 20 |  | 21 |  | 22 |  | 23 |  | 24 |  | 25/26 |
|  | Stair Climber: Run up and down your stairs for 60 seconds. Take a break. Try it again! |  | Notice: Walk around the block and notice 5 things that are beautiful. |  | Burpees: Do a small number of burpees. Take a short break. Repeat. Can you do 4 rounds of 10? |  | Thirsty: Water trees and plants in your yard. Don’t forget to drink your water too. |  | Groovin’: Invite someone in your house to silly dance with you. Put on a fun song and dance. |  |  |
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|  | Speed Round: Try this one again. Has your time improved? (Don’t cross the road.) |  | Make an obstacle course for your family. Have fun trying it out. |  | Yoga: On the carpet, do a “Cosmic Yoga” from youtube or practice your stretching. |  | Pass n’ Catch: Try this one again. Can you do more than before? Try using a balloon? 😊 |  |  |  |  |
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| Students and Parents:  Use this in the way that is most helpful to you. These daily physical activity ideas could really be done in any order. You can swap one out for another activity your family was planning to do or something you like better. Some activities need adult supervision, such as walks around the block. I would love to see emails or pictures! Don’t be afraid to email me: cheryl.mcintyre@lethsd.ab.ca or to check out my Teacher Webpage on our school website for a daily video. | | | | | | | | | | | |
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