

March/April 2020 Horace May Distance Learning K-3

Daily Warm-Up/Cool Down: Jog/Run in Place for 30 seconds, Do as many Jumping Jacks as possible for 30 seconds, 15 Curl-ups, 5 Push-ups or 10 Wall Push-ups, Slow Arm Circles for 15 Seconds, Slow Trunk Twists 30 Seconds, 15 Standing Toe Touches holding for 3 seconds(Reach as best as can, not all can touch toes) Calendar along with warm-up/cool down should be 10-15 minutes minimum, some will need for you to do twice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 Throwing for Distance: Using good throwing form and stepping in opposition see how far you can throw a piece of paper, count using your heel to toe steps(if outside use ball).</p>	<p>31 Dance: Pick 2 of your favorite songs and Dance to them taking a 1 minute break inbetween.</p>	<p>1 Jumping: Find a safe area and Jump front to back, side to side, skier, frog, leap. Next try to jump over various safe objects if you have a safe area.</p>	<p>2 Stretch and Endurance: Seat&Stand Upward Mountain Seat&Stand Twist Rt/Lt Seat&Stand Belly Breathing Standing Forward Fold Wall sit challenge: how long?</p>	<p>3 Choice: You choose an activity or game and put it on the daily log.</p>
<p>6 Throwing for Accuracy: Wad up a piece of paper and find safe objects to throw at of various distances and sizes. Try to knock over empty water bottles, plastic cups, or??</p>	<p>7 Cardio: Lay on Back Bicycle Jog/Run w/ High Knees Bear Walk quickly for 2 Min Crab Walk quickly for 2 Min</p>	<p>8 Stretch and Endurance: Seat&Stand Upward Mountain Seat&Stand Twist Rt/Lt Seat&Stand Belly Breathing Standing Forward Fold Wall sit challenge: how long?</p>	<p>9 Movement: "Army Crawl" while laying on stomach rest on forearms and crawl across the room as if going under barbed wire. Log Roll in a safe area</p>	<p>10 Choice: You choose an activity or game and put it on the daily log.</p>
<p>13 Balance: Try to stand on each foot for 30 seconds repeat 5 times. Place a safe object on head and walk around Walk heel-toe on line or for 20 steps.</p>	<p>14 Jumping: Using a tape measure or tape on wall measure how high you can reach standing then jump and see how high, subtract difference. Repeat March 1.</p>	<p>15 Cardio: Speed Walk for 7 minutes outside or indoors in a safe area.</p>	<p>16 Catching: Play catch with someone using hands only. Count how many catches in a row is the record and mark on the log.</p>	<p>17 Choice: You choose an activity or game and put it on the daily log.</p>
<p>20 Endurance Challenge: Stand with arms straight out to side and see how long you can hold without moving, challenge others. Wall Sit challenge self/others</p>	<p>21 Create A Game With your family create a game to play that involves physical activity. Please put name on log and if time to write it out that would be AWESOME!!!</p>	<p>22 Dance: Pick 2 of your favorite songs and Dance to them taking a 1 minute break inbetween.</p>	<p>29 Movement: Find different objects to create a safe obstacle course. Time yourself and others to see if improvement can be made.</p>	<p>24 Choice: You choose an activity or game and put it on the daily log.</p>

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27 Stretch and Endurance: Seat&Stand Upward Mountain Seat&Stand Twist Rt/Lt Seat&Stand Belly Breathing Standing Forward Fold Wall sit challenge: how long?	28 Movement/ Balance: Limbo - Take turns go under a broomstick or foam noodle arching your back and lowering after 2 positive attempts. Crabwalk around house	29 Strength: Come up with 10 code words to listen for on the radio or while watching TV. Over 2 hours when you hear any of those words do 5 pushups or 10 wall pushups	30 Throwing for Distance: Using good throwing form and stepping in opposition see how far you can throw a piece of wadded paper(ball if outside), count using heal to toe steps.	1 Choice: You choose an activity or game and put it on the daily log.
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