

Hello Fabulous Parents and Students!

Here are some fun activities and ideas to help stay active. Please choose accordingly and use your best judgement. These are merely suggestions. Parent supervision is important. If you have any questions, please feel free to contact me, Coach B, at klbontempo@graniteschools.org. With the weather so beautiful, outside play is ideal! Take advantage of the sun and warmer weather. I highly encourage students to be active outside, receive the Vitamin D that we all need and MOVE! If weather does not work out in our favor, here are other indoor activities that students can do.

Examples:

-Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

-Just Dance: Justdancekids.youtube

-Go Noodle Adventure to Fitness: <https://www.gonoodle.com/>

-Circuit Training: Grades K-6

Round 1:

- Jog 3 minutes (jumping jacks if indoor)
- 20 push-ups
- Jog 3 minutes (jumping jacks if indoor)
- 20 sit-ups
- Jog 3 minutes (jumping jacks if indoor)
- Planks- count for 30 seconds
- Jog 3 minutes (jumping jacks if indoor)
- Squats 30 seconds (wall sits)

REPEAT (Round 1) two more times.

Students should be active 60 minutes a day. Here are some suggestions with ADULT SUPERVISION AND PERMISSION:

- Ride a bike
- Ride a scooter
- Roller blade
- Walk with your family
- Play in your backyard
- Go on a hike
- Hopscotch
- Jog
- Track: Sprint intervals- jog the curve on the track and sprint the straight ways.
- Shoot hoops
- Jump rope
- Dribble soccer ball
- Etc..

Have fun and keep MOVING!

Sincerely,

Coach B