

Students in grade 3rd, 4th, and 5th will participate in moderate to vigorous activity 30-40 minutes a day. To meet the SPARK requirement, keep a log to record of your child's daily physical activity.

Make sure you stretch your body before you start your activity.

Physical activity examples depending on your environment situation: running, walking, kids' yoga, hiking, biking, internet workout, etc.

Activity Log

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X For internet workout	Duration of Activity (mins)
Example: 04/6/20	Walk and Played outside			40 minutes
4/7/20		https://www.youtube.com/watch?v=L_A_HjHZxfl	X	16 minutes
4/8/20	Hike with the family (40 minutes)	https://www.youtube.com/watch?v=L_A_HjHZxfl	X	56 minutes

For SPARK grade: Please have an adult take a picture of your activity log and email it to Sylvia.edgewater@hornet.land

Any questions or concerns email me. Be safe, stay home, wash hands! Thanks...

Activity Log **Week of April 13-17, 2020**

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 04/13/20		https://www.youtube.com/watch?v=L_A_HjHZxfI		
Tuesday 04/14/20		https://www.youtube.com/watch?v=L_A_HjHZxfI		
Wednesday 04/15/20		https://www.youtube.com/watch?v=dhCM0C6GnrY		
Thursday 04/16/20		https://www.youtube.com/watch?v=dhCM0C6GnrY		
Friday 04/17/20		https://www.youtube.com/watch?v=F2XVfTzel8E https://www.youtube.com/watch?v=wpz36D0WaDg https://www.youtube.com/watch?v=TgcwKrf8wHM		

Activity Log

Week of April 27- May 1, 2020

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 04/27/20		https://www.youtube.com/watch?v=McD6_oOWs-M https://www.youtube.com/watch?v=eYqj3IP4l8s		
Tuesday 04/28/20		https://www.youtube.com/watch?v=_97QFX3w1E4		
Wednesday 04/29/20		https://www.youtube.com/watch?v=9sxifR0Ltqk https://www.youtube.com/watch?v=lc1Ag9m7XQo		
Thursday 04/30/20		https://www.youtube.com/watch?v=8y6blbr-Hn0		
Friday 05/01/20		https://www.youtube.com/watch?v=D80LZz2WkZs https://www.youtube.com/watch?v=7hGtE3mG_g		

Activity Log

Week of May 4-8, 2020

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 05/04/20		https://www.youtube.com/watch?v=UaVxb8JQowl		
Tuesday 05/05/20		https://www.youtube.com/watch?v=L A HjHZxfI https://www.youtube.com/watch?v=UaVxb8JQowl		
Wednesday 05/06/20		https://www.youtube.com/watch?v=dhCM0C6GnrY https://www.youtube.com/watch?v=dkH1nZkkNbY		
Thursday 05/07/20		https://www.youtube.com/watch?v=dhCM0C6GnrY		
Friday 05/08/20		https://www.youtube.com/watch?v=F2XVfTzel8E https://www.youtube.com/watch?v=wpz36D0WaDg		

		https://www.youtube.com/watch?v=TgcwKrf8wHM		
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Activity Log **Week of May 11-15, 2020**

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 05/11/20		https://www.youtube.com/watch?v=qzx-d1Z2bLY https://www.youtube.com/watch?v=iKeatJK181Q		
Tuesday 05/12/20		https://www.youtube.com/watch?v=WxSexSQJmKY https://www.youtube.com/watch?v=YSwafzNCI7A		
Wednesday 05/13/20		https://www.youtube.com/watch?v=qzx-d1Z2bLY https://www.youtube.com/watch?v=5_srg-18Fz0		
Thursday 05/14/20		https://www.youtube.com/watch?v=WxSexSQJmKY https://www.youtube.com/watch?v=hKRR7_igyLo		
Friday		https://www.youtube.com/watch?v=FmWPRv6g9aI		

05/15/20		https://www.youtube.com/watch?v=OQnVSQoxL10		
		https://www.youtube.com/watch?v=RoYxG0avSfY		

Activity Log **Week of May 18-21, 2020**

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 05/18/20		https://www.youtube.com/watch?v=aNI_WIGS3Cg&feature=emb_rel_pause https://www.youtube.com/watch?v=oejgTGo-BCc		
Tuesday 05/19/20		https://www.youtube.com/watch?v=WmGjxU3Ggko https://www.youtube.com/watch?v=OQnVSQoxL10		
Wednesday 05/20/20		https://www.youtube.com/watch?v=FNfYZ2n90RI https://www.youtube.com/watch?v=RoYxG0avSfY		
Thursday 05/21/20		https://www.youtube.com/watch?v=hKRR7_igyLo		

Friday 05/22/20		https://www.youtube.com/watch?v=OQnVSQoxL10		
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