
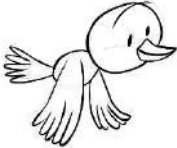





SPARK Assignments April 13-17,2020

Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16	Friday 4/17
<p>Warm-up:</p> <ul style="list-style-type: none"> • Jog in place for 1 min • Stretch (stretches attached) <p>Workout: Card Fitness, take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice</p> 	<p>Warm-up:</p> <ul style="list-style-type: none"> • Jumping jacks for 1 min • Stretch (stretches attached) <p>Workout: Wild Arms, as fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p> 	<p>Warm-up:</p> <ul style="list-style-type: none"> • High knees for 1 min • Stretch (stretches attached) <p>Workout: Jump rope to music! Can you jump to an entire song without stopping?</p> 	<p>Warm-up:</p> <ul style="list-style-type: none"> • Butt kickers for 1 min • Stretch (stretches attached) <p>Workout: Dribble Challenge Dribble a ball 50 times with each hand. Can you successfully dribble 50 times with each hand while moving?</p> 	<p>Warm-up:</p> <ul style="list-style-type: none"> • Jog in place for 1 min • Stretch (stretches attached) <p>Workout: Crabby Clean Up lay socks on the floor and tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p> 

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Beginning Stretches (Hold each stretch for 10 seconds on each side)



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HOW ABOUT A SNACK?

Fruits and vegetables make great snacks.
They're low-fat or nonfat. Some are crunchy, some are sweet.
And, they do good things for your body.

FROZEN FRUIT FAVORITES

Ingredients:

2 cups orange juice
12 bite-sized pieces of fruit like bananas, strawberries, grapes,
pineapple chunks

Utensils:

measuring cup
knife
ice cube tray

DIRECTIONS:

1. Put a bite-sized piece of fruit on each section of an ice cube tray.
2. Pour fruit juice into the tray.
3. Carefully place the tray in the freezer.
4. Wait at least an hour until the juice cubes harden.
5. Add the cubes to a glass of fruit juice or eat them plain.

4 Servings