

Spring break through May 2020

AUT K 1 Circuits are 20 seconds each exercise*	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 April 20-24	https://www.learningstationmusic.com/blog/2014/07/23/32-free-energizing-brain-breaks-vids-kids/	Complete Circuit 2x <ul style="list-style-type: none"> • Burpees • Squats • Fast feet 	Watch and complete (1) video from GoNoodle	Complete Circuit 2x <ul style="list-style-type: none"> • Fast Feet • Jumping Jacks • Butt Kickers 	Play Hopscotch with a friend.
Week 2	Complete Circuit 2x <ul style="list-style-type: none"> • Star Jumps • Toy Soldiers • Leg Raises 	Go for a walk with a family member.	Make bigger and Cut out flash cards. 	https://www.learningstationmusic.com/blog/2014/07/23/32-free-energizing-brain-breaks-vids-kids/	Have a Catch with a family member.
Week 3	Fly a Kite.	Complete Circuit 2x <ul style="list-style-type: none"> • Vertical Hops • Side Lunges • High Knees 	Make a fort out of pillow sheets.	Complete Circuit 2x <ul style="list-style-type: none"> • Side Lunges • Fast Feet • Jumping Jacks 	Kids Yoga on YouTube.
Week 4	https://www.learningstationmusic.com/blog/2014/07/23/32-free-energizing-brain-breaks-vids-kids/	Build and take a picture of	Free Day Create your	Free Day Create your	

	tionmusic.com/blog/2014/07/23/32-free-energizing-brain-breaks-vids-kids/	Lego Sculpture.	own.	own.	
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Spring Break through May 2020

2 3 Circuits are 10 reps each exercise*	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 April 20-24	Ride your Bike/ Scooter.	Complete Circuit 2x <ul style="list-style-type: none"> • Leg Raises • Squats • Burpees 	Go for a Walk with a family member.	Make bigger and print 	Teach some one how to cup stack.
Week 2	Complete Spin Activity from Week 1.	Baseball/ Softball Catch	Complete Circuit 2x <ul style="list-style-type: none"> • Star Jumps • Push Ups • Leg Raises 	Play outside with a friend.	Jump Rope
Week 3	Kid Yoga on Youtube	Complete Circuit 2x <ul style="list-style-type: none"> • Side Lunges • Step 	Go for a Run	Complete Circuit 2x <ul style="list-style-type: none"> • Vertical Hop 	Kids Fitness Blender on

		<ul style="list-style-type: none"> • Ups Jump Rope 		<ul style="list-style-type: none"> • s Toe Tap s • Pus h Ups 	Youtu be
Week 4	Kids Fitness Blenders on Youtube	Fly a Kite outside.	Free Day Create your own.	Free Day Create your own.	