


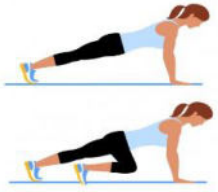
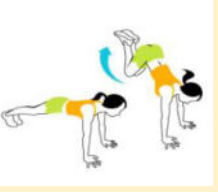








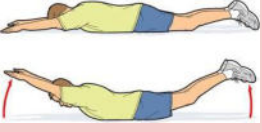
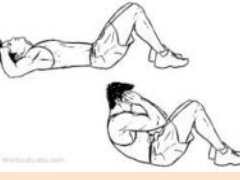
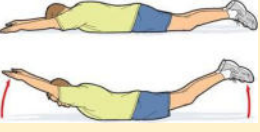
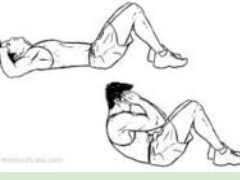
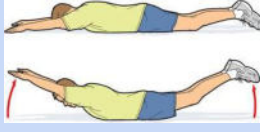
Mission Possible

Let's move our body!

1. Complete 4 missions each day of the week

2. Check DONE when complete

3. Turn in assignment in google classroom

	Monday	Tuesday	Wednesday	Thursday	Friday
Mission 1	Go for a 10 minute walk	Practice running for 5 minutes	Go for a walk a 10 minute walk	Practice running for 5 minutes	Play outside for 15 minutes
Mission 2	Complete 10 Jumping Jacks! 	Complete 10 mountain climbers 	Complete 10 Donkey Kicks 	Complete 10 Jumping Jacks! 	Complete 10 mountain climbers 
Mission 3 *modified push up 	Complete 5 lunges on each leg 	Complete 5 pushups* 	Complete 5 frog jumps  FROG JUMPS	Complete 5 pushups* 	Complete 5 Squats 
Mission 4	Complete 5 supermans 	Complete 5 sit ups 	Complete 5 supermans 	Complete 5 sit ups 	Complete 5 supermans 
DONE!					

It is recommended that children get 60 minutes of activity a day.


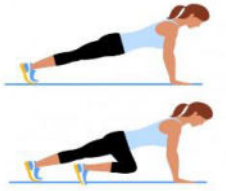
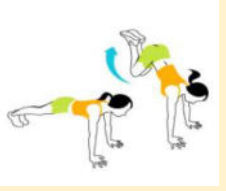

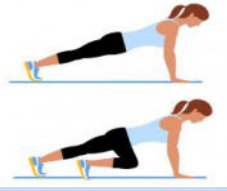

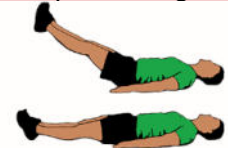
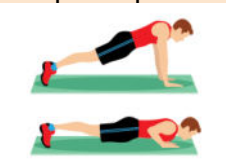
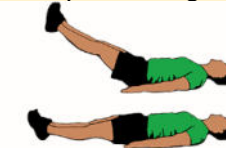

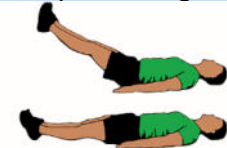





Mission Possible

Let's move our body!

1. Complete 4 missions each day of the week

2. Check DONE when complete

3. Turn in assignment in google classroom

	Monday	Tuesday	Wednesday	Thursday	Friday
Mission 1	Go for a 10 minute walk	Hop on 1 foot in place 5 times and switch feet.	Go for a walk a 10 minute walk	Hop forward on one foot 1 foot 5 times and switch feet.	Play outside for 15 minutes
Mission 2	Hold a plank for 20 seconds 	Complete 10 mountain climbers 	Complete 10 Donkey Kicks 	Hold a plank for 20 seconds 	Complete 10 mountain climbers 
Mission 3 * Modified Pushup 	Complete 5 leg lifts 	Complete 5 pushups* 	Complete 5 leg lifts 	Complete 5 pushups* 	Complete 5 leg lifts 
Mission 4	 Reach for toes	 Butterfly stretch	 Reach for toes	 Butterfly stretch	 Reach for toes

It is recommended that children get 60 minutes of activity a day.

Mission Possible

Let's move our body!

It is recommended that children get 60 minutes of activity a day.