

Quarantine To Do List for All Ages

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These are just suggestions.

Thank you to all the amazing people and company for their videos.

Adults:

Find the best kindle or book read.

Catch up on Netflix, Hulu or other pre-recorded shows.

Yoga or meditation and get 15+ minutes to yourself.

- <https://www.youtube.com/user/lesleyfightmaster/videos> -Fightmaster Yoga youtube channel : THis site gives you many options of different kinds of yoga and such.

Exercise videos:

- <https://www.youtube.com/watch?v=ml6cT4AZdql&t=370s> HITT
- <https://www.youtube.com/watch?v=cLJfmPaKb1M>-- Zumba
- https://www.youtube.com/watch?v=GS_z6FG_jqE --exercise videos for beginners- NO equipment needed
- <https://www.youtube.com/watch?v=XleCMhNWFQQ> --- 30-Minute Tabata Session to Burn Some Serious Calories

Catch up on calls:

- Focus on positives- Don't call friends who are going to bring you down or give you or them more anxiety.

Find a hobby you never have time for:

- Drawing cartoon character: <https://www.youtube.com/watch?v=nDTAzOrH4AM>
- Draw nature :https://www.youtube.com/watch?v=wPlea_vv414
- DIY- too many to list
- Model car- https://www.amazon.com/Hobbies-1966-Ford-Mustang-Hardtop/dp/B07TCD59GB/ref=sr_1_3?keywords=model+car&qid=1583671367&sr=8-3
- Whatever interests you.

FOOD: WHAT TO MAKE:

- 3 INGREDIENTS RECIPES:
 - <https://www.youtube.com/watch?v=hVseiV8rbUw> Tasty on youtube
- Three Healthy Breakfasts In A Muffin Tin:
 - https://www.youtube.com/watch?v=qJyVLola_W4
- 31 One Pot Recipes:
 - <https://www.youtube.com/watch?v=M61viP3prdQ&t=217s>

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- Check Pinterest for more easy recipes.

Teenagers:

- Try a tutorial on youtube.
- Netflix marathon.
- Clean out their room or clean up their rooms- donate!
- Games online (words with friends) or with actual people if allowed.
- Facetime friends.
- Help around the house (many are looking to be helpful).
- Encourage them to talk without (you) freaking out. If you don't have the answer to the question, tell them.

Online:

- FitnessBlender <https://www.youtube.com/user/FitnessBlender>
- Darebee <https://darebee.com/collections.html>

Kids:



- Tape an obstacle course down in your house
- **Cooking for kids**
 - <https://www.youtube.com/watch?v=8JYNbNYqMTk> not saying this is Healthy
- **Easy Magic kids can do themselves:**
https://www.youtube.com/watch?v=V2tDK9wfCYs&list=PL2bG30UseyEQjmmJX-hebAk3jH9T_lvmUJ
- **CUP GAMES**
https://www.youtube.com/watch?v=bfmvFDz6AgU&list=PL2bG30UseyEQjmmJX-hebAk3jH9T_lvmUJ&index=9
- **Exercise on youtube**

Younger kids: PreK- 3rd

- GoNoodle <https://www.gonoodle.com/>
- Cosmic yoga kids <https://www.youtube.com/user/CosmicKidsYoga>
- The Kiboomers - Kids Music Channel
 - <https://www.youtube.com/watch?v=m9Q9qTGRSck&list=PL1wrsEJEvZjaH-WToQ8WvU7rKES11X7rt>
- Patty Shukla Kids TV - Children's songs:
 - Example
 - <https://www.youtube.com/watch?v=OkO8DaPlyXo>

Older kids: 3rd- 9th

- Fitness Blender kids:
 - https://www.youtube.com/watch?v=McD6_oOWs-M
- Sugar Pop workout:
 - <https://www.youtube.com/watch?v=5if4cjO5nxo&t=6s>
- Workout with Moe: https://www.youtube.com/watch?v=L_A_HjHZxfl
- FitBoost <https://fit.sanfordhealth.org/fit-boost>
- Fitness Simon <https://drive.google.com/file/d/1pQQedOY7t2Z-oNAPA2XSrl-vlqkx5rB9/view>
- Dance
 - Moves Challenge <https://sites.google.com/view/dance-move-challenge/home?authuser=1>
- Themed HITT Brain Boosts
 - <https://www.youtube.com/playlist?list=PL7rY7kSoZW-6w5RQuA9optxmZXTUS4Aa9>
- ((FORTNITE FITNESS)) 4 MINUTE DANCE TABATA WORKOUT
 - https://www.youtube.com/watch?v=4v6Zcc1_tr0

Games for inside your House:

Deck of Cards Fitness (Slide 1)

Activity Procedures:

- The object of the game is to do as many repetitions as you can of each exercise.
- When you draw a card, you'll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks. 3. Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.

In Round 1: You alone or you and your friends will play together and select 1 card for everyone to perform.

In Round 2: Everyone will choose their own card and complete their own repetitions/exercises.

RULES of CARD FITNESS (slide 2)



Face Cards: King, Queen, Jack are worth 10 repetitions.
Aces: Are worth 11 repetitions.

Hearts: Hearts = Invisible Jump Rope Jumps or Jumping Jacks



Spades: Squats or Lunges



Clubs: Push-Ups or Shoulder Touches



Diamonds: Spaghetti and Meatballs, Crunches or Regular Crunches



Indoor basketball



Equipment:

All you need is a bucket and a rolled up sock or a small, light ball.

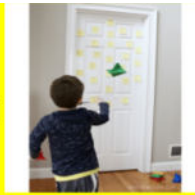
Rules:

- Each player takes a turn at throwing the sock-ball into the bucket.
- When a player scores a bucket, he or she takes a step back and throws again until missing.
- The player who shoots the ball in the bucket from the farthest distance wins.

Sticky Note Wall Bop

Equipment:

Post its or paper and tape, socks or a soft ball



Rules:

- Attach 26 sticky notes to the back of a door and write a different letter on each one (in random order).
- Make a "start" line a few feet away from the door (more if you have older kids), and you stand behind it with a stuffed animal or pair of rolled up socks.
- Now throw their object to try and hit the "A" or the "T".
- At the end of the round, tally up to crown a winner (or if playing solo, have them try and beat their previous score)

Different Ways to Play:

- Write different point values on each sticky and give your child 10 throws.
- Players with more advanced aim and spelling skills can try and hit all the letters in specific words.

Movement Chain

Equipment:

No equipment



Rules:

- You need at least 2 players for this interactive game
- The first person starts by performing a certain movement – this could be something simple like jumping 2 times, or more complex like holding a plank for 30 seconds.
- The next person has to perform the first movement, and then add on another, forming a chain. The following person does the previous 2 movements, plus adds their own.
- You continue in this fashion until the chain sequence is broken (usually forgotten!) and then that person is out.
- The last one standing is the winner. (Fun memory game where you keep adding on exercise/movements until one person forgets the routine.)

Can You Jump It?

Equipment:

Yard, tape or something to make a lines



Rules:

- **Make Lines:** Make 5–10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the "start" line.

Different Ways to play:

- **Long Jump:** See how many lines you can jump over. Try and beat your best score each time. Experiment with arm swinging vs. arms behind their backs.
- **Run 'n' Jump:** Now take a running start and see if they can jump even further!
- **Long Jump Backwards:** Increase the difficulty by performing the tasks jumping backwards.
- **Hop:** How far can you jump on one leg?
- **Reach 'n' Stretch:** How far can their leg reach with one foot on the "start" line?

Plank Hockey

Equipment:

Sock, bean bean or small ball



Rules:

- Two people square off against each other. Face each other in plank position with a one or two feet apart.
- Place a sock in the middle of the two players
- While in a plank position, attempt to hit the rolled up socks past a defender (who is also in a plank) and into the goal.
- The goal is in between the other players hold plank arms.
- Play until first player scores 5 points.

Indoor Bowling

Equipment:

Water bottles, tennis ball or soft ball.



Rules:

- Line six-10 water bottles or cans up at the end of your hall or living room. (whatever you have)
- Place a line at the starting line.
- Grab an indoor ball and start bowling!
- Count how many pins you knock down after two attempts.
- Play alone, with a partner, and group.

Games for the Yard: you can buy:

- GoSports Portable PVC Framed Cornhole Toss Game Set with 8 Bean Bags and Travel Carrying Case - Choose American Flag Design, Red & Blue or Football
- Spikeball Standard 3 Ball Kit - Includes Playing Net, 3 Balls, Drawstring Bag, Rule Book
- **GoSports Indoor / Outdoor Ladder Toss Game Set with 6 Rubber Bolos, Carrying Case and Score Trackers**
- **Kan Jam Portable Disc Slam Outdoor Game - Features Durable, Weather Resistant Material - Includes 2 Kan Jam Targets and 1 Flying Disc;**
- **Verus Sports TG415 Deluxe Portable Pickleball Set (Includes 4 Pickleball Paddles, Balls and Net)**

