**P.E. ACTIVE APRIL**

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| **MOVEMENT**  **MONDAY** | **TRICK**  **TUESDAY** | **WORKOUT**  **WEDNESDAY** | **THOUGHTFUL**  **THURSDAY** | **FITNESS**  **FRIDAY** | **SILLY**  **SATURDAY** | **STRETCHY**  **SUNDAY** |
|  |  | **1**  APRIL FOOL’S  DAY | **2** Lie flat down on the ground. Try to feel your heart beat. Can you hear your breathing? Slowly wiggle your toes, then fingers, & then your nose. | **3** Do a set of **CRAB A-B-C**’s. Get into a stable crab position and touch your shoulders alternating while saying “A-B-C….Z” | **4** Turn on your favorite song and **dance** in time to the music. Try to get other family members to join you! | **5** Do 5 **INCHWORMS**  Keeping your legs straight, place your hands on the ground, walk them into a pushup position, & walk your legs up. |
| **6** Put a pair of socks on your hands and try to **move** across your kitchen floor. How many different ways can you do this? Animal walks? | **7** How many different ways can you **catch** a ball (or a bundled pair of socks)? What is the coolest trick you can do while catching? Behind you? Eyes closed? | **8** Repeat this **3-5** times.  15 seconds of:  -Jumping jacks  -Pushups  -Squat jumps  -Jog on the spot | **9** What do you **notice** around you? Find:  5 things you SEE  4 things you FEEL  3 things you HEAR  2 things you SMELL  1 thing you TASTE | **10** If you watch TV today, during the commercials do some **exercises** like squats, jumping jacks or pushups. | **11** Try **juggling** some bundled socks. Can you juggle two at a time? Three? | **12** Close your eyes and **balance** on 1 foot for as long as you can. Try the other foot. Was it easier to stand on your left or your right foot? |
| **13** Line up your kitchen chairs. How can you **move** around them? Under them? Over them? Through them? In a pattern? | **14** Can you **roll** a marble or small ball down through a mini obstacle course? How many tries does it take to get to the finish line? | **15** In 1 minute how many of each **exercise** can you do?  -Star jumps  -Lunges  -Rocket jumps  -Pushups | **16** Talk to yourself like you would talk to someone you **love**. What are 3 things that you love about yourself? | **17** Do a set of **PLANK A-B-C**’s. Get into a stable plank position and touch your shoulders alternating while saying “A-B-C…Z” | **18** Find as many pairs of bundled socks as you can. Get a sibling or another family to have a ‘**snowball**’ fight inside with the socks! | **19** Create a sentence or story using **animal walks** and **balance** poses. See if a family member can guess what you are trying to say. |
| **20** How many ways can you go up the **stairs**? Single stairs? Double stair jumps? One foot? Other foot? Crawling? | **21 T**urn on the radio. Warm up by **dancing** to whatever song comes on. Try a few hip-hop moves. Can you stall? (Balance on a couple body parts) Can you create your own trick? | **22** Repeat these **exercises** as many times as you can in 5 minutes:  -5 Jumping jacks  -4 Squats  -3 Pushups  -2 Star jumps  -1 Burpee | **23** While you eat a snack or a meal today, really pay attention to the taste, feel, sound, smell and look of the food that you are eating. What do you notice? | **24** Pick a code word. Every time you hear someone say that word (A family member, on the radio, on TV, etc) do 3 **burpees**! | **25** Get 3 face tissues (Kleenex) and try **juggling** them. How long can you keep them in the air? Too easy? Crumple them up and try again! | **26** Try touching your toes. Hold for 5 seconds and then try again. Can you **reach** farther this time? Try again! How low can you go? |
| **27** Using household items, build an **obstacle course** in a hallway (or other space). Time yourself! | **28** How many different ways can you **jump**?Can you do a 180° jump? A 360° jump? Can you take off from 1 foot and land on 2 feet? Can you jump taking off from 2 feet and land on 1 foot? | **29** Create an exercise circuit and race a family member or time yourself. Example: Run up the stairs taking 2 at a time, do 5 pushups, run down the stairs, crawl to the kitchen and do 5 squats. | **30** Close your eyes and think happy thoughts. Who are you **thankful** for? What are you thankful for? Optional- Write down the things you are grateful for. | **31** Play shadow **tag** with a family member. If you get tagged, do 5 jumping jacks and then switch roles. |  |  |