



# YOUR HOUSE, YOUR CHOICE!



## (AT-HOME PE)

MONDAY

[SQUAT CHALLENGE](#)

[GO NOODLE](#)

PLAY OUTSIDE FOR (30 MINS.)

PLAY OUTSIDE FOR 30 MINS.

TUESDAY

[GO NOODLE](#)

FAMILY WALK/RUN (20 MINS.)

[DANCE](#)

[KIDZ BOP](#)

WEDNESDAY

[HOPSCOTCH](#)

[LEVELS](#)

[YOGA](#)

[COUCH ISLAND](#)

THURSDAY

[GO NOODLE](#)

JUMP ROPE (20 MINS. )

[GYMNASTICS](#)

CREATE A GAME (PLAY 30 MINS.)

FRIDAY

[AVENGERS WORKOUT](#)

CREATE AN OBSTACLE COURSE

[RHYTHM STICKS](#)

[FITNESS](#)

YOU WILL NEED TO CHOOSE ONE ACTIVITY TO DO FOR THE DAY. THERE ARE FOUR WEEKS OF ACTIVITIES. YOU WILL NEED TO CLICK ON BLUE TEXT FOR THE LINK TO SOME. WEEKENDS ARE FREE CHOICE!