

FES Phys. Ed at Home - April

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dance to one of your favorite songs</p> 	<p>How long does it take you to do 100 jumping jacks?</p>	<p>Test your balance: stand on one foot and hold the other foot out to the side as you hold a star pose (Don't forget to try the other side)</p>	<p>Can you jump rope for a full minutes?</p> 	<p>Play basketball using a pair of socks and a laundry basket</p>
<p>Find a ball or balloon and see how long you can keep it up in the air</p>	<p>Use chalk or tape to create a hopscotch and then play!</p> 	<p>Try these activities for 30-60 seconds each:</p> <p>Run Hop on one foot Skip Jumping Jacks</p>	<p>Hold a plank while spelling your full name backwards</p> 	<p>Create your own obstacle course</p>
<p>Read a book while doing a wall sit</p> 	<p>Do some stretching and yoga poses for at least 10 minutes</p>	<p>Try these activities for 30-60 seconds each:</p> <p>Crunches Push-Ups Squats</p>	<p>Play catch with a family member</p> 	<p>Choose your favorite activity and do it again!</p>