



# Lets Get Moving!

## April 2020

### FALCON FITNESS CALENDAR

Slow Down Sunday	Muscles Monday	Twisted Tuesday	Wellness Wednesday	Try It Thursday	Fresh Air Friday	Skills Saturday
			1	2	3	4
5	6 <b>Strengthen</b> Try each of these exercises for 60-120 seconds. Knee highs, Push-ups, squats and sit-ups.	7 <b>Bust a Move</b> Make up your own dance to your favorite song.	8 <b>Yoga Video</b> <a href="https://www.youtube.com/watch?v=N1MnzCQXT0I">https://www.youtube.com/watch?v=N1MnzCQXT0I</a>	9 <b>Nature Scavenger Hunt</b> Make up your own or use the one provided.	10 <b>Around and Around We Go</b> Run, walk or jog around your house.	11 <b>Play Catch</b> Practice catching and throwing with a family member or pet.
12 <b>Animal Walk</b> Use your imagination and explore as if you were your favorite animal.	13 <b>Workout Video</b> <a href="https://www.youtube.com/watch?v=50kH47ZztHs">https://www.youtube.com/watch?v=50kH47ZztHs</a>	14 <b>Traditional Dances</b> Chicken Dance and Mac-arena <a href="https://www.youtube.com/watch?v=npp1z32idrc">https://www.youtube.com/watch?v=npp1z32idrc</a> <a href="https://www.youtube.com/watch?v=iAXBWLiJLSA">https://www.youtube.com/watch?v=iAXBWLiJLSA</a>	15 <b>Stretch it Out</b> <a href="https://www.youtube.com/watch?v=Sl6q1igrxpk">https://www.youtube.com/watch?v=Sl6q1igrxpk</a>	16 <b>Balloon Toss</b> See how many times you can hit a balloon into the air before it touches the ground.	17 <b>Spring Activities</b> Do your favorite outdoor activity	18 <b>Practice your Footwork</b> Play soccer, build an obstacle course or play hop-scotch
19 <b>Frog Walk</b> Go for a walk and jump over crack, sticks, puddles etc.	20 <b>Create your own Workout</b> Turn on some music and create your own workout. Remember to stretch, elevate your heart rate and cool down.	21 <b>Practice makes Perfect</b> Pick a dance from Just Dance and practice until you perfect it!	22 <b>Yoga Video</b> <a href="https://www.youtube.com/watch?v=0o0kNeOyH98">https://www.youtube.com/watch?v=0o0kNeOyH98</a>	23 <b>Meditation and Stretch</b> <a href="https://www.youtube.com/watch?v=MvrwxWlwPVY">https://www.youtube.com/watch?v=MvrwxWlwPVY</a>	24 <b>Alphabet Nature Challenge</b> Go for a walk and see if you can find one thing that starts with every letter of the alphabet.	25 <b>Play a Sport</b> Practice your favorite sport
27 <b>Trees Talk</b> Go for a nature walk and find the coolest tree to tell a story to.	28 <b>Strengthen</b> Try each of these exercises for 60-120 seconds. Jumping Jacks, Sit-ups, wall sits and planks.	29 <b>Bust a Move</b> Try a new TikTok	30 <b>Your Choice</b> Choose the activity that you enjoyed the most and do it again!	1	2	3