**KEEPING ACTIVE WHILE AWAY FROM SCHOOL (3-5)**

**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DIRECTIONS-EACH DAY SHOULD HAVE AT LEAST ONE CHECKED ACTIVITY AND THERE SHOULD BE 12-15 ACTIVITIES CHECKED FOR THE WEEK.**

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1. **15 Minute Walk**
2. **Play Catch with baseball/softball/football for 15 min.**
3. **Jump rope for 5 minutes**
4. **Dribble/kick soccer ball for 15 minutes**
5. **Do 25 Push ups**
6. **Do 25 sit ups**
7. **Do 25 Jumping Jacks**
8. **Do 25 Burpees**
9. **Stretch L,V,Butterfly and Figure 4**
10. **Using a large area, Do Skip, Jog, Sprint, Leap, Jump(Like Bunny), Hop(one foot), Gallop and Slide.**
11. **Tag game (Temple, Toilet, Bad Driver, Noodle Tag or one you make up)**
12. **Create a game.**
13. **Go Swimming (if it’s warm enough)**
14. **Practice dribble, passing and shooting basketball.**
15. **Practice tumbling. (log roll, egg roll, forward roll, cartwheel, round-off.**
16. **Create a bowling game with objects found at home.**
17. **Jog for 10 minutes**
18. **Walk your dog, must be 15 minutes**
19. **Work on Tennis or Golf Skills 15 minutes**
20. **Practice hitting baseball or softball**
21. **Go for a walk in the woods.**
22. **Go for a bike ride/skateboard**
23. **Put on music and dance**
24. **Create and play Hopscotch**
25. **See how long you can keep a balloon up or create a volleyball game**
26. **OTHER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**