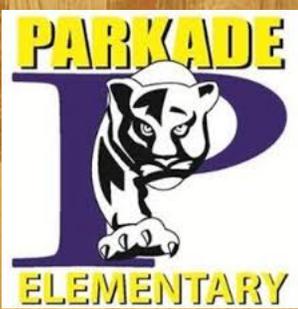


YOUR HOUSE, YOUR CHOICE!

DISTANT LEARNING 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

PRACTICE JUMP ROPE (20 MINS.)

GYMNASTICS

CREATE A GAME (PLAY 30 MINS.)

FRIDAY

AVENGERS WORKOUT

CREATE AN OBSTACLE COURSE

RHYTHM STICKS

FITNESS

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