

First week after break choice board

	Monday	Tuesday	Wednesday	Thursday	Friday
K-5	<p>Option 1 1 Mile Happy Walk https://www.youtube.com/watch?v=njeZ29umqVE</p> <p>Option 2: 20 minutes of Fitness Activity from E Learning packet</p>	<p>Option 1: Jump rope or imaginary jump rope for 20 minutes</p> <p>Option 2: Pick 5 different muscles to stretch, hold each stretch for 20 seconds.</p>	<p>Option 1: Create an obstacle course with pillows, blankets, and chairs. Practice going under, over, and around.</p> <p>Option 2: Follow along to Mr. Marcus's dance video: https://www.youtube.com/watch?v=VpXs3YP8tII</p>	<p>Option 1: Read a book while performing a wall sit.</p> <p>Option 2: Do as many squats as you can while listening to your favorite song.</p>	<p>Option 1: Do as many curl ups as you can.</p> <p>Option 2: Log into Youtube and perform the curl up exam until you have two misses, log your final score.</p>