

Fitness Calendar for March 23-27

Monday March 23	Tuesday March 24	Wednesday March 25	Thursday March 26	Friday March 27
PE Teachers in Action Fortnite Workout! https://www.youtube.com/watch?v=MnpxQr3KXNw Koo Koo Kanga Roo! https://www.youtube.com/watch?v=kAUMHws2ap0	ABC Fitness Word Wall Learn a Line Dance! https://app.gonoodle.com/activities/believer?s=category&t=Guided%20Dance&sid=38 (Believer)	Pump It Up Workout Learn a Line Dance! https://app.gonoodle.com/activities/achy-breaky-heart?s=category&t=Guided%20Dance&sid=38 (Achy Breaky Heart) Spiderman Workout! https://www.youtube.com/watch?v=YC_V8hnU2PY	Indoor/Outdoor Scavenger Hunt Cosmic Yoga! https://www.youtube.com/watch?v=tbCjkPlsaes	Playing Card Fitness High Velocity Workout: https://app.gonoodle.com/activities/high-velocity?s=category&t=Workout&sid=42

For any activities or sports activities that you do at home that don't include these activities, please log them on the chart below. Our goal is to have at least **30 minutes a day of exercise.

Additional Sports/Activities for March 23-27

Monday March 23	Tuesday March 24	Wednesday March 25	Thursday March 26	Friday March 27
Activity:	Activity:	Activity:	Activity:	Activity:
Push Ups:	Push Ups:	Push Ups:	Push Ups:	Push Ups:
Sit Ups:	Sit Ups:	Sit Ups:	Sit Ups:	Sit Ups:
Other Strength:	Other Strength:	Other Strength:	Other Strength:	Other Strength: