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| **Introduction/Week of April 20, 2020** |
| Dear Grand Ridge Grizzlies,Welcome back from Spring Break! We hope you and your family have been able to enjoy the beautiful weather and find creative ways to stay active. It was fun seeing lots of chalk art on the sidewalks that almost always included a challenging hopscotch drawing or two.You will notice on this week’s Fitness Calendar that the time allotted for **CHOICE** activities has been increased to **30** minutes. Remember this includes Saturday and Sunday as well. It’s very important to be building DAILY Fitness Habits during our time of Online Learning. As you move through each day, consider putting these “Math” actions into practice.  ➢ ADD some activity every day. Try out something new! ➢ SUBTRACT the amount of time you watch TV. ➢ MULTIPLY the number of fruits and vegetables in your diet. ➢ DIVIDE the time spent playing video games in half. ➢ EQUALS a Strong and Healthy Body and Mind!Stay Active and Healthy, Mr. Hogle and Ms. Bankson  |

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| **Keep in Mind “Quote”** |
|   **"The time is always right to do what is right."** **- Martin Luther King Jr.** **Check page 2 for the Fitness Calendar, Websites and Extra Challenges** |
| **Fitness Calendar** |
| **Monday** |  **Tuesday** | **Wednesday** | **Thursday** |  **Friday** |
| **Muscular Strength** **30 – 10 = \_\_\_\_\_** **Do this many** **Mountain** **Climbers** **Repeat and do it** **again!** | **Cardio-Respiratory**  **Endurance** **Go for a**  **15 minute jog.** **Try to do more** **jogging than** **walking** |  **Coordination** **Find two** **small objects.** **Try to juggle** **them by** **throwing one** **up, switching** **hands with the** **other, and keep** **them in the air.** |  **CHOICE****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Large Muscle** **Group**  **Activity** **(Increase to** **30 minutes** **or longer)** |  **Muscular**  **Endurance** **Try to do** **5 push-ups.** **Have a parent or** **sibling join you.** **If 5 is too easy,** **do 5 more!** |
| **“Ways to Move” Websites** |
| **GoNoodle** [www.gonoodle.com](http://www.gonoodle.com) **YouTube Avengers Tabata Workout** <https://www.youtube.com/watch?v=jyWyBern6q4&feature=youtu.be> **Focused Fitness Workout** <https://www.youtube.com/watch?v=0b7nIbcuSyk> **KIDZ BOP Kids** <https://www.youtube.com/watch?v=p0S-yRxp81s&list=PLMr-d2PLsO96SjkSKEvai1wnxWh0WsYOs&index=1> |

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| **EXTRA CHALLENGES FOR THE WEEK** |
| 1. How many different ways can you jump rope?
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| 1. See how many Burpees you can do in 2 minutes.
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| 1. Use empty plastic cups or yogurt containers to make your own set of Speed Stack Cups.
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| 1. Use paper plates and skate around in your garage or kitchen practicing ice-skating.
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| 1. Try rubbing your belly and patting your head at the same time for 1 minute.
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| 1. Balance an object on any part of your body. How many seconds can you do it?
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| 1. Muscular Strength: Use a chair and do 15 tricep dips. Repeat 3 times. (Google tricep dips)
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| 1. Muscular Endurance: Do 30 wall push-ups as fast as you can.
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| 1. Balance: Try walking across your kitchen with a plastic bowl or plate on your head.
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