

Time to Get Fit Routine!

Grades 3-6



- Jogging high knees in place and count to 10!
- Hop on one foot 10 times!
- Hop on the other foot 10 times!
- Do 10 jumping jacks!
- Jogging back kickers in place and count to 10!
- Jump in place as high as you can 10 times!
- Jog in place and count to 10!
- Balance on one foot and count to 10!
- Balance on the other foot and count to 10!
- Do big arm circles while you count to 10!
- Stand up tall and twist your body while you count to 10!
- Stand up tall with your feet together and reach for your toes while you count to 10!
- Do 10 sit-ups.
- Do 5 push-ups.
- Do this routine 3 times with short breaks in-between!



Other activities to do with internet.

- Harry Potter and The Philosopher's Stone Yoga Adventure!
 - Found on YouTube by typing **Harry Potter Yoga** in the search bar or use the following link: <https://www.youtube.com/watch?v=R-BS87NTV5I>
- Star Wars Workout!
 - Found on YouTube by typing **Obi Wan Workout** in the search bar or use the following link:
<https://www.youtube.com/watch?v=OHOTNEtC3Rc>
- Super Mario Just Dance!
 - Follow the moves on YouTube by typing **Super Mario Just dance** in the search bar or use the following link:
<https://www.youtube.com/watch?v=39L-M5nhx6Y>
- Practice two GoNoodle games!
 - Download the free GoNoodle Games App on your device.