

## Daily Physical Activity Schedule

Day 1: Students will follow along with the video and perform a 15 minute stretch routine.

▶ 15 Minute Beginner Stretch Flexibility Routine! (FOLLOW ALONG)

Day 2: For this morning's physical activity students will need to sit at a desk. Follow the video and learn this stretch routine. These are great exercises to do throughout the day if you find yourself sitting at a desk for long periods of time.

▶ DAILY DESK STRETCHES - Stretches to do at your desk to prevent pain | Dr. LA Thoma ...

Day 3: Students will wake up and perform the 6-minute Study Break Exercise Routine. Here is a short video. Follow along and enjoy.

▶ Study Break Routine | For college + high school students

Day 4: Students will wake up and perform 10 push-ups. Here is a short video on proper form.

▶ How To Do A Push-Up | The Right Way | Well+Good

Day 5: Students will wake up and perform 20 jumping jacks. Here is an extremely short video on proper form.

▶ How to do a Jumping Jack | Proper Form & Technique | NASM

Day 6: Students will wake up and perform yoga. Here is a 30 minute video you can follow along with.

▶ Yoga For Beginners | 30 Minute Teens Yoga Class with Yoga Ed. | Ages 11-13

Day 7: Students will wake up and perform 20 squat jumps. Here is a very short video on proper form.

▶ How To Do A Squat Jump | The Right Way | Well+Good