

WEEK #13 6/15-6/19:

We have provided a **NEW** list of **daily activities** for each student to choose from! For week 13, the goal is again to do **at least 1** different activity every day! There are also **BONUS** activities available for you! This weeks theme is:

Fun workout week

Equipment needed

- Water bottle
- Space to move
- Anybody in your house can join in

End of Week GOAL:

Complete **at least 5 daily activities** for the week.

Remember, physical activity is crucial to our overall health and well-being. If you choose to do more than 5 per week, you will be super healthy! Try your best to do as many as you can!

OH! Don't forget, you must **WARM-UP** before every activity!

Jog in place for 2 minutes!

WORKOUT WEEK ACTIVITIES

- 1) **Super Hero Workouts:** Do you have a favorite super hero?
Pick 1 or pick as many as you want! Just try your best to complete the whole workout in one setting!
Click here! → [Superhero Workouts](#)
- 2) **Dance along** - Do you love to dance? Dance along with kidz bop
[Kidz Bop](#) - [Dance Monkey](#)
- 3) **Walk along** - Is it raining or too hot to go outside? Would you like a change of scenery while being at home?
Take a virtual walk in a forest - [Nature Walk](#)
Take a virtual walk in Central Park - [Central Park virtual walk](#)
- 4) **Kids beginner Workout!** Can you keep up with the body coach? Lets find out!
Click here! → [Kids beginner workout \(15 min\)](#)
- 5) **Karate!** Have you ever tried Karate! Learn here in this fun beginners workout!
Click here! → [Karate Beginners](#)

Bonus Activities Below

BONUS ACTIVITIES:

1. Complete 20 minutes worth of chores (can be vacuuming, folding laundry, doing dishes, sweeping, cleaning room, washing windows)
2. Complete 20 minutes on an interactive game console (wii, DDR etc.)
3. While watching TV, every commercial break, do 25 Jumping Jacks, 20 squats, 15 mountain climbers, 10 curl-ups, 5 push ups. (Must equal approx. 20 minutes of commercials)
4. If you have fitness equipment such as a bike, treadmill or something similar, complete 20 minutes of movement on that machine. (must ask for parents consent before using)