<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>Family Adventure</strong></td>
<td><strong>Crawling Like a Seal</strong></td>
<td><strong>Locomotor Tag</strong></td>
<td><strong>How Fast Can You Go?</strong></td>
<td><strong>Dribble a ball 100 times with each hand.</strong></td>
<td><strong>Gather a group of your friends and see how fast you can clean up all the trash around your neighborhood.</strong></td>
<td><strong>Ice Skating</strong></td>
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<td>Go for a walk with your family on a trail you’ve never traveled before.</td>
<td>Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</td>
<td>Play tag and each round use a different locomotor movement such as skipping, galloping, sliding, running and walking.</td>
<td>How fast can you run around the outside of your school without stopping. Check your pulse when you finish.</td>
<td>Can you successfully dribble 100 times with each hand while moving?</td>
<td>Go ice skating today. No ice? Try rollerblading or roller skating.</td>
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**Notes:**

- **AAHPERD** recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!

- **Monday:**
  - Target Practice: Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!
  - Juggling: Practice juggling with a sock or soft ball. Use at least two. Can you juggle three?
  - Rock Paper Scissors Tag: Meet in the middle, shoot, winner chases loser back to safe zone. If tagged, join the other team.

- **Tuesday:**
  - Cup Tip-ups: Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.
  - Golf Practice: Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.
  - Rock Paper Scissors Tag: Meet in the middle, shoot, winner chases loser back to safe zone. If tagged, join the other team.

- **Wednesday:**
  - How Fast Can You Go?
  - Golf Practice: Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.
  - Ice Skating: Go ice skating today. No ice? Try rollerblading or roller skating.

- **Thursday:**
  - Dribble a ball 100 times with each hand.
  - Golf Practice: Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.
  - Ice Skating: Go ice skating today. No ice? Try rollerblading or roller skating.

- **Friday:**
  - Dribble a ball 100 times with each hand.
  - Golf Practice: Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.
  - Ice Skating: Go ice skating today. No ice? Try rollerblading or roller skating.

- **Saturday:**
  - Dribble a ball 100 times with each hand.
  - Golf Practice: Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.
  - Ice Skating: Go ice skating today. No ice? Try rollerblading or roller skating.

- **Sunday:**
  - Target Practice: Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!
  - Juggling: Practice juggling with a sock or soft ball. Use at least two. Can you juggle three?
  - Rock Paper Scissors Tag: Meet in the middle, shoot, winner chases loser back to safe zone. If tagged, join the other team.

**Additional Notes:**

- **Monday:**
  - **Tea Cup Tip-ups:** Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.

- **Tuesday:**
  - **Golf Practice:** Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.

- **Wednesday:**
  - **How Fast Can You Go?** Have a running race with 5 different friends today.

- **Thursday:**
  - **Dribble a ball 100 times with each hand.** Can you successfully dribble 100 times with each hand while moving?

- **Friday:**
  - **Gather a group of your friends and see how fast you can clean up all the trash around your neighborhood.** Don’t forget to recycle.

- **Saturday:**
  - **Ice Skating:** Go ice skating today. No ice? Try rollerblading or roller skating.

**Duplicated with permission from the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). For information on quality physical education visit:**