

Daily Physical Activity (Intermediate)

	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity	Combo: 10 jumping jacks 10 high knees 10 butt kicks *repeat 3 times	Run on the spot for 5 mins One-foot hops around the house for 5 minutes Practice throwing with both arms (underhand and overhand) using balled up socks	Combo: 10 push-ups 10 forward lunges 10 mountain climbers *repeat 3 times	Jump rope for 5 mins Two-foot hops around the house for 5 minutes Practice balancing walking backwards from one side of the room to the other	Combo: 10 burpees Hold a 30-second plank 10 squats *repeat 3 times
Act of Kindness	Help your family make a healthy meal	Send a funny video to a friend to make them smile	Help tidy the house	FaceTime/Video call a friend or family member to say hi	Write a Thank You note to a community member
Self-Care	Try meditating: https://www.headspace.com/meditation/kids	Write a journal entry about what life is like in quarantine	Learn how to cook/prepare your favourite meal	Make a playlist of your favourite songs	Write down 5 things you are grateful for this week

Choose one of the following activities to do **each day**:

- Create and complete an indoor obstacle course <https://bit.ly/2Uizm2g>
- Create a dance and share it with friends
- Go for a long walk outside (rain or shine!)
- Go for a bike or scooter ride
- Vacuum your whole house
- One 'P.E. with Joe' video: <https://www.youtube.com/user/thebodycoach1/videos>

How to do a jumping jack: <https://www.youtube.com/watch?v=SZqPDDUUpao>

How to throw: <https://www.youtube.com/watch?v=vdAbRz62tCQ>

How to kick: <https://www.wikihow.com/Kick-a-Soccer-Ball>

How to hop on one foot: <https://www.youtube.com/watch?v=kehkiqjFQdw>

How to hop on two feet: <https://www.youtube.com/watch?v=GGGFiaIZDVg>

How to do a plank: https://www.youtube.com/watch?v=qMZ7Df_sy3E

How to do a push-up: <https://www.youtube.com/watch?v=7oNNIZmatKA>

How to do mountain climbers: <https://www.youtube.com/watch?v=8Uc7KcVC-Ao>

How to do a lunge: <https://www.youtube.com/watch?v=-uflCDId9i0>

How to do a burpee: <https://www.youtube.com/watch?v=CputWeUFUbM>

How to do a squat: <https://www.youtube.com/watch?v=ppWRcisetNE>