

# Daily Physical Activity (Intermediate)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Physical Activity</b>	<p>Agility: Do a combination of these activities for 15-20 minutes</p> <p>Use rocks, bottles, books, or anything else that can lay flat for “cones”:</p> <p><a href="https://www.youtube.com/watch?time_continue=18&amp;v=uNhPDJIOQBw&amp;feature=emb_title">https://www.youtube.com/watch?time_continue=18&amp;v=uNhPDJIOQBw&amp;feature=emb_title</a></p> <p>Use tape to create your own agility ladder:</p> <p><a href="https://www.youtube.com/watch?v=67XP-AekUoA&amp;feature=emb_title">https://www.youtube.com/watch?v=67XP-AekUoA&amp;feature=emb_title</a></p>	<p>Jump/Hop/Leap: Practice all three movements for 10 minutes</p> <p><a href="https://www.youtube.com/watch?time_continue=55&amp;v=-ghjs1Ymhtg&amp;feature=emb_title">https://www.youtube.com/watch?time_continue=55&amp;v=-ghjs1Ymhtg&amp;feature=emb_title</a></p> <p><a href="https://vimeo.com/410879143/d7f1b0bebf">https://vimeo.com/410879143/d7f1b0bebf</a></p> <p>Combo: 10 push-ups 10 forward lunges 10 mountain climbers 10 jumping jacks *repeat 3 times</p>	<p>Agility: Do a combination of these activities for 15-20 minutes</p> <p>Use rocks, bottles, books, or anything else that can lay flat for “cones”:</p> <p><a href="https://www.youtube.com/watch?time_continue=18&amp;v=uNhPDJIOQBw&amp;feature=emb_title">https://www.youtube.com/watch?time_continue=18&amp;v=uNhPDJIOQBw&amp;feature=emb_title</a></p> <p>Use tape to create your own agility ladder:</p> <p><a href="https://www.youtube.com/watch?v=67XP-AekUoA&amp;feature=emb_title">https://www.youtube.com/watch?v=67XP-AekUoA&amp;feature=emb_title</a></p>	<p>Jump/Hop/Leap: Practice all three movements for 10 minutes</p> <p><a href="https://www.youtube.com/watch?time_continue=55&amp;v=-ghjs1Ymhtg&amp;feature=emb_title">https://www.youtube.com/watch?time_continue=55&amp;v=-ghjs1Ymhtg&amp;feature=emb_title</a></p> <p><a href="https://vimeo.com/410879143/d7f1b0bebf">https://vimeo.com/410879143/d7f1b0bebf</a></p> <p>Combo: 10 burpees Hold a 30-second plank 10 squats 10 jumping jacks *repeat 3 times</p>	<p>Agility: Do a combination of these activities for 15-20 minutes</p> <p>Use rocks, bottles, books, or anything else that can lay flat for “cones”:</p> <p><a href="https://www.youtube.com/watch?time_continue=18&amp;v=uNhPDJIOQBw&amp;feature=emb_title">https://www.youtube.com/watch?time_continue=18&amp;v=uNhPDJIOQBw&amp;feature=emb_title</a></p> <p>Use tape to create your own agility ladder:</p> <p><a href="https://www.youtube.com/watch?v=67XP-AekUoA&amp;feature=emb_title">https://www.youtube.com/watch?v=67XP-AekUoA&amp;feature=emb_title</a></p>
<b>Act of Kindness</b>	Help a family member meal plan and write a grocery list	Help your family make a healthy meal	Do an extra chore	Create a song playlist for a family member of songs that remind you of them	Teach a family member a movement skill you’ve been practicing
<b>Self-Care</b>	Schedule your weekly activities and make a To-Do list	Write a journal about how quarantine life has changed the past couple weeks	Read for 30 extra minutes	Plan some alone time this weekend to do something you love	Write down 5 things you are grateful for this week

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

- Go for a long walk outside (rain or shine!)
- Go for a bike or scooter ride
- Practice juggling: <https://www.youtube.com/watch?v=fk4-wLZMPno>
- Balance practice: <https://www.youtube.com/watch?v=VNqE8tV2GE>
- One ‘P.E. with Joe’ video: <https://www.youtube.com/user/thebodycoach1/videos>