Daily Physical Activity (Intermediate)

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|  | **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 |

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

* Create a dance and share it with friends
* Go for a long walk outside (rain or shine!)
* Go for a bike or scooter ride (rain or shine!)
* [Ninja Balance video](https://www.youtube.com/watch?v=-VNqE8tV2GE)
* [Agility practice](https://www.youtube.com/watch?time_continue=18&v=uNhPDlJOQBw&feature=emb_title)
* [Juggling practice](https://www.youtube.com/watch?v=fk4-wLZMPno)

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=GGGFiAlZDVg>

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=-uflCDld9i0>

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

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