

Sunday 22	Monday 23 Muscular strength 	Tuesday 24 Cardio 	Wednesday 25 Dance 	Thursday 26 Yoga 	Friday 27 Active play 	Saturday 28
S	P	R	I	N	G	Break
April 5	April 6 Muscular strength 	April 7 Cardio 	April 8 Dance 	April 9 Yoga 	April 10 Active play 	April 11

# Online Activity and Video Links

## Strength

- 1) [https://youtu.be/L\\_A\\_HjHZxfl](https://youtu.be/L_A_HjHZxfl)
- 2) <https://youtu.be/dhCM0C6GnrY>
- 3) <https://youtu.be/T8jI4RnHHf0>
- 4) <https://youtu.be/kYsA9-Qbtyk>
- 5) [https://youtu.be/o8uTdn\\_zkok](https://youtu.be/o8uTdn_zkok)

## Cardio

- 1) Go for a 15 min walk
- 2) Go for a 10 min run
- 3) <https://youtu.be/CbsaJW94V6c>
- 4) <https://youtu.be/5if4cjO5nxo>
- 5) <https://youtu.be/kAXg3cM0UCw>

## Dance

- 1) Just dance videos (google)
- 2) Jack Hartmann videos (google)
- 3) Learning stations videos (google)
- 4) Greg and Steve Videos (google)
- 5) Zumba kids (google)

## Yoga

- 1) Cosmic Kids Yoga (google)
- 2) <https://youtu.be/X655B4ISakg>
- 3) <https://youtu.be/4ZpkRAcgws4>
- 4) <https://youtu.be/5XCQfYsFa3Q>
- 5) [https://youtu.be/aJzj\\_b7G7i8](https://youtu.be/aJzj_b7G7i8)

## Active Play

### **1. Freeze Dance**

Who doesn't like a good dance party? [Shaking it off](#) to a few favourite jams is a surefire way to get your kids off the couch. To brush up on listening skills, try freeze dance. The rules are simple: dance when the music plays and when the designated DJ stops the music, everyone freezes.

### **2. Balloon Volleyball**

Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practicing those serving skills! Change things up a bit by kicking or head-bumping the balloon.

### **3. Book-Worm Workout**

Story time doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word "hat" if you're reading *The Cat in the Hat*. Every time the word comes up in the story, get your kid to do a jumping jack.

### **4. Hallway Soccer**

You don't need a backyard to play a game of soccer. Start by setting up a net on opposite ends of the hallway by placing some masking tape on the floor. After dividing into teams, grab a small plastic ball and let the fun begin.

## **5. Yoga JENGA**

Use a pencil to write down a yoga move on each JENGA block. Set up the tower and play the game as usual, but every time a block is pulled out, every player has to do the specific yoga move. If the tower falls, do the plank for 30 seconds. Could do this with any kind of board game as well!

## **6. Hula Hoop**

As long as you make sure that you're not too close to furniture or breakables, hula-hooping is a great indoor activity that helps strengthen your child's core muscles. If you're looking to switch things up a bit, try hula-hooping while walking backward, or spin the hoop around your ankle or arm.

## **7. Marble Toe Race**

Find two large bowls, fill the first bowl with water and place some marbles inside. Ask your little guy to pick up the marbles and place them in another bowl by using only his feet. The first one who can get all the marbles in the other bowl wins. If you don't want to get your floors wet, lay towels on the floor, or skip the water component entirely.

## **8. Play Catch**

Use a ball and play catch in an open area inside where there are no breakables.

## **9. Make Activity Stations**

Indoor activity stations! I make signs and each 'area' has an activity: jumping jacks, crawling through tape/rope, planking, play catch, hula hoop, soccer etc. Set a timer, then rotate through the stations.

## **10. Check out GoNoodle**

The website GoNoodle has tons of physical activities that you can do in a small space!

<https://www.gonoodle.com/>

- Option to switch workouts each day (don't have to do cardio on Tuesday and dance Wednesday)
- Option to do an extra day of your favourite activity and skip a different activity (i.e. do dance instead of Yoga)
- Option to do more than one activity in a day (i.e. do two cardio videos or do one cardio and one strength video)