

March 23

👍 Superhero Warm Up
[Spiderman Warm Up](#)

👍 **Family Hike:** Take time (15-20 minutes) to walk outside with your family..

👍 **Basketball Shooting Practice:**

- **Balance** (athletic stance- feet apart, knees bent)
- **Eyes** (look at your target)
- **Elbow** (tuck elbow under the ball -dominant hand)
- **Follow through** (fully extend elbow and wrist flicks over)

See how many shots you can make into a hoop or into a hamper/ wash basket. If you make it from that spot 2x move to a new

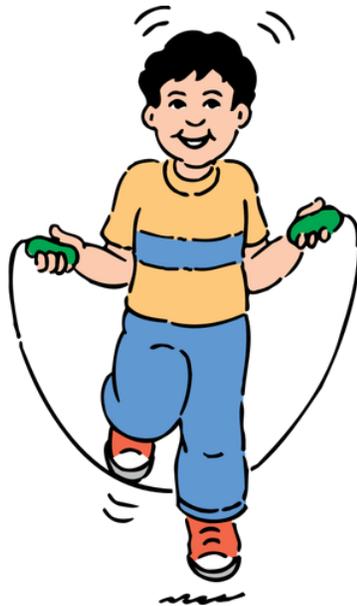


spot.

March 24

👍 [Kid Fitness](#)

👍 [Freeze Dance](#)



👍 [Mind full Meditation for Kids](#)

Relax for a couple of minutes. Get your heart rate down after exercising That's important!

March 25

👍 Superhero Warm Up
[Spiderman Warm Up](#)



👍 [Locomotor Skills](#)

👍 [Locomotor Balancing Challenge](#)

- Round 1:** Frisbee/plate in dominant hand
- Round 2:** Frisbee/ plate in non dominant hand
- Round 3:** Frisbee/ plate with 1 cup on top in dominant hand
- Round 4:** Frisbee/ plate with 1 cup on top nondominant hand
- Round 5:** Frisbee/ plate with 2 cups on top in dominant hand
- Round 6:** Frisbee/ plate with 2 cups on top nondominant hand

March 26

👍 **Foot Taps:** How many foot taps can you do in 1 minute? Take a break and then try again to see if you can beat your score. (Use a book or a block or a box- something that you can step on without falling through)



👍 **Create your own exercise or sport:** Make your own fitness exercise with a partner or by yourself or create a new sport/activity to play.

👍 **Family Hike:** Take time (15-20 minutes) to walk outside with your family..

March 27

👍 [Bring Sally Up/Down](#)

👍 **Rolling:**

- **Step**
- **Swing**
- **Bend**
- **Roll**

Using a ball or a roll of toilet paper(just kidding) see if you can roll the ball to knock over items such as dominos or empty soda bottles. If you can't do that try rolling the ball into a wash basket/ hamper to see how many times you can score.



👍 [Mindful Breathing](#)

👍 **Have a GREAT Weekend!!**

I miss everyone!!
-Coach Hallett

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