

We recommend 20-60 minutes of exercise every day!

Choose one of the workouts suggested for each day to keep active and moving while "safe at home." Share your favorite workouts with your classmates by commenting in Teams!

PE Week 3 Day 1:

1. Go on 3- 20 minutes walks 10am, 1 pm, and 6:30 OR before lunch, before dinner, any time after dinner
2. Meditation: [Guided Meditation to Let Go of Stress and Anxiety | Instant Relaxation in 17 Minutes! \[Must Try\]!](#)
3. Use this link to complete a home workout!

https://www.nerdfitness.com/blog/the-7-best-at-home-workout-routines-the-ultimate-guide-for-training-without-a-gym/#at_home_warm_up

4. Not Physical activity but helpful breathing tips to lower anxiety:

<https://www.lifehack.org/761526/breathing-exercises-for-anxiety-simple-and-calm-anxiety-quickly>

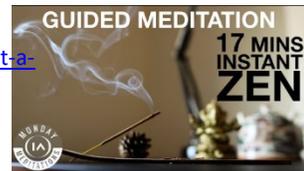
5. Do you have a basketball court? Practice your H-O-R-S-E shots. Need inspiration check out this video

[Harlem Globetrotters vs. NBA PLAYER! | Trick Shot HORSE With Nate Robinson](#)

6. Soccer fans: Practice your soccer skills

[15 Easy Juggling/Freestyle Skills | Learn These Simple Football Freestyle Tricks](#)

7. Get a football or tennis ball and a partner and go outside to play catch for 20 minutes!



PE Week3 Day 2:

1. Get the Bike (and Helmet) out!
2. Do you remember when scootering was all the rage? Did you have one of these..... laying around the house? Get outside and use it for 20 minutes!
3. 20 minute burpee challenge!

[The Burpee Challenge | 20 Minutes 20 Different Burpees | The Body Coach](#)

4. Go on a 40 minute walk with your dog, cat, sibling or favorite podcast! :)

5. The Boston Globe recently sent out a list of home exercises see how you like it compared to our list! Check out this link for their picks!

https://www.bostonglobe.com/2020/03/15/nation/not-going-gym-here-are-some-free-workouts-you-can-do-home-during-coronavirus-shutdown/?s_campaign=8315



PE Week 3 Day 3:

1. Go on 3- 20 minutes walks 10am, 1 pm, and 6:30 OR before lunch, before dinner, any time after dinner
2. [Minecraft | A Cosmic Kids Yoga Adventure!](#)



PE Week 3 Day 4:

1. Go on 3 20 minute walks today!
2. Do you have a trampoline?

Go outside and bust some moves! Post in the collaboration space your best trick!

3. A core workout! (play music while this is on)

[30 Minute Abs Workout - Intense Core Workout with Warm Up and Cool Down](#)

4. Want something tough!

[Intense at Home HIIT Routine - No Equipment HIIT Workout Video \(With Low Impact Modifications\)](#)



5. How about something relaxing? Go outside and blow some bubbles! Don't have bubbles? Make some!

BLOW A BUBBLE MASTERPIECE

Supplies:

Bubble mixture (or make your own with one part dishwashing liquid to six parts water)

Food coloring

Large bowl

Straws

Paper

Pour bubble mixture and food coloring into the bowl so that it's about a quarter of the way full. Use the straw to blow air into the mixture - the way you might not want your kids to blow bubbles into milk.

When the bubbles rise above the rim of the bowl, place a piece of paper on top and then lift off the paper carefully. Voila! A swirly colorful landscape appears on the page. Haywood-Bird said you can expand the activity by asking kids to make predictions about what the bubble painting will look like or using the masterpiece as the background for another drawing you make together.