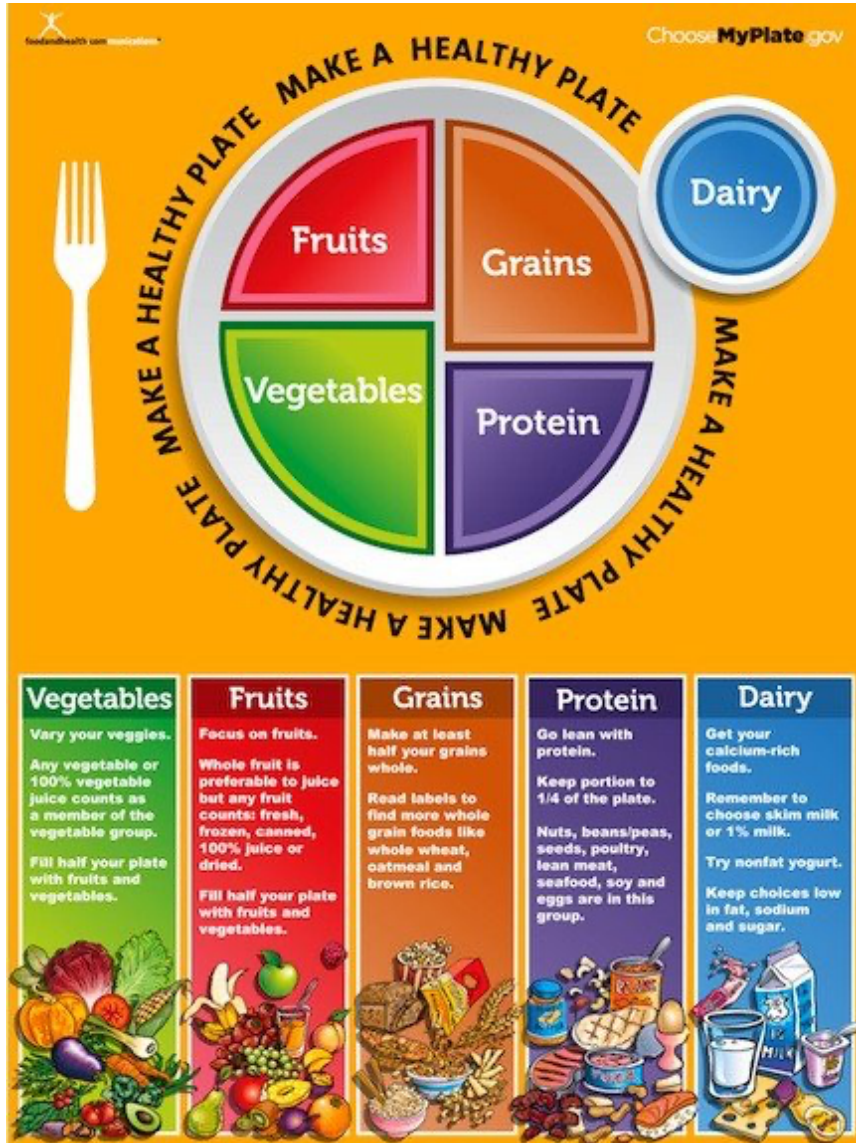


Week 2 - APRIL 6th - April 10th

Monday April 6th

WHAT TO EAT?

See if you and your family can find 5 food items in your house that make a healthy plate.



My kids and I started a garden in my backyard. Here is a picture of it after week 1. I will take another picture a month from now and we will see if we have any veggies yet. Hoping for peppers and tomatoes



Modifications: Here is a great way to have students identify different Colors of all the different foods. Students can also use other senses and (touch, taste and smell)

Tuesday April 7th

Marbles

Equipment: Marbles (or anything that rolls, Golf balls, tennis balls)

1. Draw a circle 2-3 feet wide. You can use chalk on sidewalk, a stick in the dirt or even string or tape on carpet or tile.
2. Everyone selects their designated shooter (marble or ball) place all remaining marbles or balls in the circle
3. Take turns trying to flick the marble with your thumb (or roll ball) and knock marbles out of the circle. Place the marbles you knocked out off to the side.
4. Once all the other marbles are out of the circle you will count your marbles you knocked out. The player with the most wins

Modifications:

Different size balls or items depending on students ability.

Playing on a raised surface or table for students in chairs

Helping students hand over hand

Directing VI students on where to aim

Wednesday April 8th

Partner activities with a family member

Partner Situps

Step 1: Lay on your back with your feet next to your partners feet (see first picture)

Step 2: both of you come up at the same time and give each other a fist bump



Modification: Do a crunch in wheelchair, sit up halfway, do scissors kick with knees straight

Partner Push ups:

Step 1: Get into push up position. Try to keep your back straight and your bottom down!

Step 2: Give each other a high five with your right hand and then your left. How many can you do before needing a break?!

Modification: You can do them on your knees instead of traditional push up position (See picture #2)



Partner twists

Step 1: sit back to back with your partner

Step 2: Find a ball or any object you want to use that you have around the house (can of soup, box of pasta, rolled up sweatshirt).

Step 3: While keeping your feet on the ground, twist to your right and hand the object to your partner.

Step 4: Partner twists back and hands you the object. How many can you do?!



Thursday April 9, 2020

Coin Toss Challenge

Get a coin (Penny, nickel, dime, quarter) and flip it

| Coin Toss | Heads (Cardiovascular Exercise) | Tail (stretches) |
|-----------|--|--|
| Toss # 1 | 10 Jumping Jacks | 10 Arm Circles |
| Toss # 2 | 30 Second dance | 10 Toe Touches |
| Toss # 3 | 5 Jumps as high as you can | 30 second arm across chest and switch both arms |
| Toss # 4 | Line Touch (pick two lines on sidewalk and run back and forth 3 times) | 30 second reach for the sky, rest and repeat |
| Toss # 5 | 5 Frog Jumps | 30 second flamingo stretch, then switch to other leg |
| Toss # 6 | 30 second skip | 30 second self hug, then switch which arm is on and repeat |

Modifications: If cardio exercise is difficult, switch to lower times or switch to stretch, can flip anything that does not break that has two sides

Friday April 10th, 2020

Dance Party:

Pick your favorite Song and play it

- 1) 30 seconds-favorite dance move
- 2) 30 Seconds-Dance as fast as you can
- 3) 30 Seconds: Dance slowly
- 4) 30 Seconds: 2nd Favorite Dance move
- 5) 30 Seconds: Jump and Dance
- 6) 30 Seconds: Another favorite Dance move

Repeat as many times as you want, have your family join in, have a dance competition, choose different songs