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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| **Weekly Challenge #1**:  *“Jump for the heart”*  -How many times can you skip without making a mistake? If you do 40 skips each day for 5 days, you would have 200 Keep trying to beat that number daily. | **Bird watching scavenger hunt: Look out your window or go into your backyard to see if you can find these birds.**  <https://3nmlvi2z8wzmh62xl6qw1z16-wpengine.netdna-ssl.com/wp-content/uploads/2019/11/scavenger-hunt-for-feeder-birds.pdf> | **Play a sport activity of your choice or with your family. (ie. Catch, shoot hoops, pass a soccer ball, etc…)** | **Work out #1:**  **-Run around your yard 2-3 times.**  **-Gallop around your yard 2-3 times.**  **-Skip around your yard 2-3 times.** | **With mom or dad, take your pet out for a walk**  **Or**  **simply go for a walk with mom or dad** | **!!Free choice activity Fridays!!**  *Be active for 20-30minutes in an outdoor activity of your choice.* ***Remember to ask your parents for permission.*** | **REST DAY**  How may skips did you get in this week? More than 200? |
| **Weekly Challenge #2**:  Hop challenge: How many hops can you get in this week? If you do 40 each day for 5 days, you would have 200 altogether!! (40 hops/day minimum). Keep trying to beat that number daily.  <https://www.youtube.com/watch?v=Xyd_fa5zoEU> | **Geocaching treasure hunt:** Have you parents download the geocaching app on their phone/tablet. Sign up and register at <https://www.geocaching.com/play>.  ***Now, with your parent, go outside & look for geocaches near you. It is a great way to spend the day pretending your pirates looking for lost treasure!*** | **Outdoor picnic: prepare a healthy meal with your parents and enjoy it outside with a family member** | **With mom or dad, take your pet out for a walk**  **Or**  **simply go for a walk with mom or dad** | **Play a sport activity of your choice or with your family. (ie. Catch, shoot hoops, pass a soccer ball, etc…)** | **!!Free choice activity Fridays!!**  *Be active for 20-30minutes in an outdoor activity of your choice.* ***Remember to ask your parents for permission.*** | **REST DAY**  Did you reach 200 hops?  Did you get more than 200 hops? |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| **Weekly Challenge #3**:  How many times can you bounce a ball? If you do 50 each day for 5 days, you would have 250!! (Minimum 50 bounces/day) | **5 senses scavenger hunt:** (see below for worksheet) | **Do a sport activity of your choice or with your family. (ie. Catch, shoot hoops, pass a soccer ball, etc…)** | **With mom or dad, take your pet for a walk**  **Or**  **Just go for a walk with mom or dad** | Bike/scooter for 20-30 minutes. | **!!Free choice activity Fridays!!**  *Be active for 20-30minutes in an outdoor activity of your choice.* ***Remember to ask your parents for permission.*** | **REST DAY**  Did you reach 250 bounces?  Did you get more than 250? |
| **Weekly Challenge #4:**  Jumping jacks challenge . How many jumping jacks can you get in this week? If you do 30 each day for 5 days, you would have 150!!  (30 jumping jacks/day minimum) | **Fall leaf scavenger hunt: Find as many different fallen leaves as you can near your home. Try to identify what tree they came from.** | **Take your pet for a walk**  **Or**  **ask your mom/dad to go for a walk** | **Work out #2**  **-hold a plank for the count of 10. Repeat 2 more times.**    **Wall sits- hold a wall sit for the count of 10. Repeat 2 more times.** | **Do a sport activity of your choice or with your family. (ie. Catch, shoot hoops, pass a soccer ball, etc…)** | **!!Free choice activity Fridays!!**  *Be active for 20-30minutes in an outdoor activity of your choice.* ***Remember to ask your parents for permission.*** | Did you reach 150 jumping jacks?  Did you get more than 150? |

