

1st and 2nd				
Weekly Physical Activity Log				
What to do	Effort	1st workout	2nd workout	minutes per week
Warm up:	moderate	10 min	10 min	20 min
1. Joints rotations.	moderate			
2. Shoulders stretching	moderate			
3. jumping jacks.	vigorous	25 rep		
4. Squats.		15 rep		
5. jogging in place (changing rhythm)	vigorous	2 min	2 min	
Game:	moderate	10 min	10min	20 min
Hide and Seek				
Walking	moderate	10 min	10 min	20 min
total:		30 min	30 min	60 min

## Explanation:

Procedures for Warm-up activities:

1. The student is going to rotate the following joints: Neck, Shoulders, Elbows, Wrists, Hip, Knees and ankles. (8-10 times each joint).
2. Stretching of both shoulders
3. Jumping jacks: 20 repetitions.
4. Squats: 15 repetitions.
5. Jogging in place: counting until 60 while jogging.

## Game: Hide and Seek

(The student can play the game at any time during the day)

The student will play with sibling or other family member

In this classic game, the student "1" is going to cover his/her eyes and count aloud while the other player(sibling or family member) hide. When "1" is finished counting he or she begins looking for the hider. The hider that is found will be the next "1".