

Kinder-1st- 2nd grade April 20-24				
Physiact Activities Weekly Activity Log				
What to do	Effort	1st workout	2nd workout	minutes per week
Warm up: 1. Joints rotations. 2. Shoulders stretching 3. Arms rotations 4. Jumping jacks 5. Knees up 6. Squats. 7. Push up holds 8. Jogging in place (Counting until 80)	Moderate      moderate to vigorous	10 min	10 min	20 min
Freeze Dance Activity	Moderate	5 min	5 min	10 min
Walk: insidethe house	Moderate	5 min	5 min	10 min
(Inside the house)				
total:		30 min	30 min	60 min

**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 rep each joint).
2. Stretching of both sholuders: Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder. (hold until you count 10)
3. Arms rotations: Make circle with the arms forward and backward (10 rep)
4. Jumping jacks: 20 repetitions.
- 5.Knee ups: In stand up position and out both arms straight in front, rise one knee first and touch the palm of your hands, then do the.. same with the other one.(8 rep with each Knee)
6. Squats: 15 repetitions.
7. Push up holds (top). Set up at the top of a push up with your feet together and your hands under your shoulders but outside your chest.(keep it until

you count until 10)

8. Jogging in place: counting until 60 while jogging.