

## Activity LOG (Virtual Class)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness:</b>  How many can you do?	Write How Many You Did:				
Sit-Ups	X		X		X
Push ups		X		X	
Plank	X			X	
Shoulder Taps	X	X	X		X
Jumping Jacks		X		X	
Burpees	X		X		X
Air Squats		X		x	
Squat Jump			X		x
<b>Skills:</b>  Try your best:	Write How Long You Did:				
Dribble a Ball (6min) Dominant Hand Non-Dominant Hand Switching Hands	X				X
Jump Rope (6min) Superman Style Skying Jumps Baby Hop		X		X	
Hula Hoops (6min) Around the neck Around the wrist Around the hips Jumping Hula			X		
<u><a href="#">Your Choice of Activity (15 Min)</a></u>	X	X	X	X	X