

Activity LOG (Virtual Class)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Fitness: 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
Skills: 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	
Juggling (6min) 1 Sock Ball Circle 2 Sock Ball Circle 1 Sock Ball Mario			X		
<u>Your Choice of Activity (15 Min)</u>	X	X	X	X	X