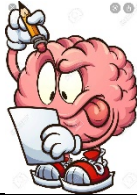



SPARK Assignments April 27-May 1, 2020

Monday 4/27	Tuesday 4/28	Wednesday 4/29	Thursday 4/30	Friday 5/1
Warm-up: <ul style="list-style-type: none"> • Frog jump around the room for 30 seconds • Stretch (stretches attached) 	Warm-up: <ul style="list-style-type: none"> • Walk on tip toes around the room for 30 seconds • Stretch (stretches attached) 	Warm-up: <ul style="list-style-type: none"> • Continuous squats for 30 seconds • Stretch (stretches attached) 	Warm-up: <ul style="list-style-type: none"> • Butt kickers for 30 seconds • Stretch (stretches attached) 	Warm-up: <ul style="list-style-type: none"> • Jog in place for 30 seconds • Stretch (stretches attached)
<p>Thinking Exercises! Here's a way to add a little "brain power" to your exercises.</p> 				
Workout: Thinking Exercise: Count the letters in your first, middle, and last name. How many letters is there? Do that many sit-ups. Can you do more?	Workout: Thinking Exercise: At home Miss Ben has 10 dogs (way too many), 5 horses, and 2 cows. How many animals or pets do you have? Do that many squats. $10+5+2=17$ squats	Workout: Thinking Exercise: Multitask! Sing the alphabet song while doing jumping jacks. Can you go longer? How many times can you sing it before you get tired?	Workout: Thinking Exercise: What time did you wake up this morning? Do that many sit ups, jumping jacks, and squats. Example: if you woke up at 8:30 am... $8+3+0=11$ times 9:00am- $9+0+0=9$ 10:00am- $10+0+0=10$	Workout: Happy Friday and Happy May 1st! How many days are in the month of May? Go for an outdoor walk for that many minutes. Example: the month of April has 30 days so go for a 30 min walk. 

*Don't forget to record your exercises on the activity log or on a separate sheet of paper. Thank you!

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