

Students in grade 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> will participate in moderate to vigorous activity 30-40 minutes a day. To meet the SPARK requirement, keep a log to record of your child's daily physical activity.

Make sure you stretch your body before you start your activity.

Physical activity examples depending on your environment situation: running, walking, kids' yoga, hiking, biking, internet workout, etc.

## Activity Log

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	<b>X</b> For internet workout	Duration of Activity (mins)
Example: 04/6/20	Walk and Played outside			40 minutes
4/7/20		<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>	X	16 minutes
4/8/20	Hike with the family (40 minutes)	<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>	X	56 minutes

**For SPARK grade: Please have an adult take a picture of your activity log and email it to [Sylvia.edgewater@hornet.land](mailto:Sylvia.edgewater@hornet.land)**

**Any questions or concerns email me. Be safe, stay home, wash hands! Thanks...**

**Activity Log** **Week of April 13-17, 2020**

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 04/13/20		<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>		
Tuesday 04/14/20		<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>		
Wednesday 04/15/20		<a href="https://www.youtube.com/watch?v=dhCM0C6GnrY">https://www.youtube.com/watch?v=dhCM0C6GnrY</a>		
Thursday 04/16/20		<a href="https://www.youtube.com/watch?v=dhCM0C6GnrY">https://www.youtube.com/watch?v=dhCM0C6GnrY</a>		
Friday 04/17/20		<a href="https://www.youtube.com/watch?v=F2XVfTzel8E">https://www.youtube.com/watch?v=F2XVfTzel8E</a> <a href="https://www.youtube.com/watch?v=wpz36D0WaDg">https://www.youtube.com/watch?v=wpz36D0WaDg</a> <a href="https://www.youtube.com/watch?v=TgcwKrf8wHM">https://www.youtube.com/watch?v=TgcwKrf8wHM</a>		

# Activity Log

Week of April 27- May 1, 2020

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 04/27/20		<a href="https://www.youtube.com/watch?v=McD6_oOWs-M">https://www.youtube.com/watch?v=McD6_oOWs-M</a> <a href="https://www.youtube.com/watch?v=eYqj3IP4l8s">https://www.youtube.com/watch?v=eYqj3IP4l8s</a>		
Tuesday 04/28/20		<a href="https://www.youtube.com/watch?v=_97QFX3w1E4">https://www.youtube.com/watch?v=_97QFX3w1E4</a>		
Wednesday 04/29/20		<a href="https://www.youtube.com/watch?v=9sxifR0Ltqk">https://www.youtube.com/watch?v=9sxifR0Ltqk</a> <a href="https://www.youtube.com/watch?v=lc1Ag9m7XQo">https://www.youtube.com/watch?v=lc1Ag9m7XQo</a>		
Thursday 04/30/20		<a href="https://www.youtube.com/watch?v=8y6blbr-Hn0">https://www.youtube.com/watch?v=8y6blbr-Hn0</a>		
Friday 05/01/20		<a href="https://www.youtube.com/watch?v=D80LZz2WkZs">https://www.youtube.com/watch?v=D80LZz2WkZs</a> <a href="https://www.youtube.com/watch?v=7hGtE3mG_g">https://www.youtube.com/watch?v=7hGtE3mG_g</a>		

# Activity Log

Week of May 4-8, 2020

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 05/04/20		<a href="https://www.youtube.com/watch?v=UaVxb8JQowl">https://www.youtube.com/watch?v=UaVxb8JQowl</a>		
Tuesday 05/05/20		<a href="https://www.youtube.com/watch?v=L A HjHZxfI">https://www.youtube.com/watch?v=L A HjHZxfI</a> <a href="https://www.youtube.com/watch?v=UaVxb8JQowl">https://www.youtube.com/watch?v=UaVxb8JQowl</a>		
Wednesday 05/06/20		<a href="https://www.youtube.com/watch?v=dhCM0C6GnrY">https://www.youtube.com/watch?v=dhCM0C6GnrY</a> <a href="https://www.youtube.com/watch?v=dkH1nZkkNbY">https://www.youtube.com/watch?v=dkH1nZkkNbY</a>		
Thursday 05/07/20		<a href="https://www.youtube.com/watch?v=dhCM0C6GnrY">https://www.youtube.com/watch?v=dhCM0C6GnrY</a>		
Friday 05/08/20		<a href="https://www.youtube.com/watch?v=F2XVfTzel8E">https://www.youtube.com/watch?v=F2XVfTzel8E</a> <a href="https://www.youtube.com/watch?v=wpz36D0WaDg">https://www.youtube.com/watch?v=wpz36D0WaDg</a>		

		<a href="https://www.youtube.com/watch?v=TgcwKrf8wHM">https://www.youtube.com/watch?v=TgcwKrf8wHM</a>		
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**Activity Log** **Week of May 11-15, 2020**

Date	Type of Activity	Internet Workouts listed (copy and paste on Google Search bar)	X	Duration of Activity (mins)
Monday 05/11/20		<a href="https://www.youtube.com/watch?v=qzx-d1Z2bLY">https://www.youtube.com/watch?v=qzx-d1Z2bLY</a> <a href="https://www.youtube.com/watch?v=iKeatJK181Q">https://www.youtube.com/watch?v=iKeatJK181Q</a>		
Tuesday 05/12/20		<a href="https://www.youtube.com/watch?v=WxSexSQJmKY">https://www.youtube.com/watch?v=WxSexSQJmKY</a> <a href="https://www.youtube.com/watch?v=YSwafzNCI7A">https://www.youtube.com/watch?v=YSwafzNCI7A</a>		
Wednesday 05/13/20		<a href="https://www.youtube.com/watch?v=qzx-d1Z2bLY">https://www.youtube.com/watch?v=qzx-d1Z2bLY</a> <a href="https://www.youtube.com/watch?v=5_srg-18Fz0">https://www.youtube.com/watch?v=5_srg-18Fz0</a>		
Thursday 05/14/20		<a href="https://www.youtube.com/watch?v=WxSexSQJmKY">https://www.youtube.com/watch?v=WxSexSQJmKY</a> <a href="https://www.youtube.com/watch?v=hKRR7_igyLo">https://www.youtube.com/watch?v=hKRR7_igyLo</a>		
Friday		<a href="https://www.youtube.com/watch?v=FmWPRv6g9aI">https://www.youtube.com/watch?v=FmWPRv6g9aI</a>		

05/15/20		<a href="https://www.youtube.com/watch?v=OQnVSQoxL10">https://www.youtube.com/watch?v=OQnVSQoxL10</a>		
		<a href="https://www.youtube.com/watch?v=RoYxG0avSfY">https://www.youtube.com/watch?v=RoYxG0avSfY</a>		

**Activity Log** **Week of May 18-21, 2020**

<b>Date</b>	<b>Type of Activity</b>	<b>Internet Workouts listed (copy and paste on Google Search bar)</b>	<b>X</b>	<b>Duration of Activity (mins)</b>
Monday 05/18/20		<a href="https://www.youtube.com/watch?v=aNI_WIGS3Cg&amp;feature=emb_rel_pause">https://www.youtube.com/watch?v=aNI_WIGS3Cg&amp;feature=emb_rel_pause</a> <a href="https://www.youtube.com/watch?v=oejgTGo-BCc">https://www.youtube.com/watch?v=oejgTGo-BCc</a>		
Tuesday 05/19/20		<a href="https://www.youtube.com/watch?v=WmGjxU3Ggko">https://www.youtube.com/watch?v=WmGjxU3Ggko</a> <a href="https://www.youtube.com/watch?v=OQnVSQoxL10">https://www.youtube.com/watch?v=OQnVSQoxL10</a>		
Wednesday 05/20/20		<a href="https://www.youtube.com/watch?v=FNfYZ2n90RI">https://www.youtube.com/watch?v=FNfYZ2n90RI</a> <a href="https://www.youtube.com/watch?v=RoYxG0avSfY">https://www.youtube.com/watch?v=RoYxG0avSfY</a>		
Thursday 05/21/20		<a href="https://www.youtube.com/watch?v=hKRR7_igyLo">https://www.youtube.com/watch?v=hKRR7_igyLo</a>		

Friday 05/22/20		<a href="https://www.youtube.com/watch?v=OQnVSQoxL10">https://www.youtube.com/watch?v=OQnVSQoxL10</a>		
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