



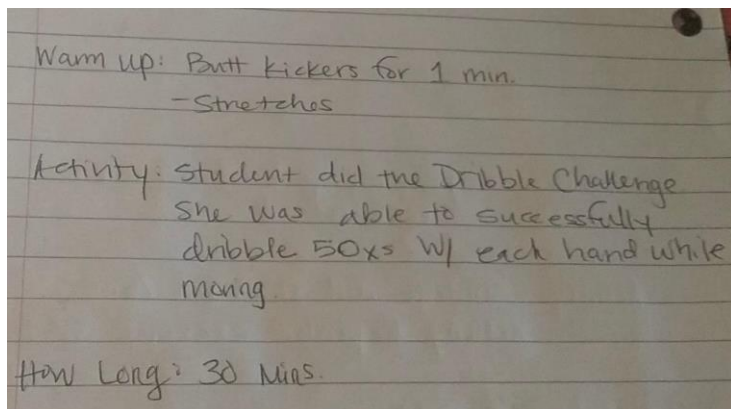


SPARK Assignments April 20-24, 2020

Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24
<p>Warm-up:</p> <ul style="list-style-type: none"> Frog jump around the room for 30 seconds Stretch (stretches attached) <p>Workout: Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p> <p style="text-align: center; font-size: 2em;">8</p>	<p>Warm-up:</p> <ul style="list-style-type: none"> Walk on tip toes around the room for 30 seconds Stretch (stretches attached) <p>Workout: 4 Walls Face each wall in a room and do a different exercise for 30 seconds -jumping jacks -jog in place -balance on one foot -vertical jumps Repeat 2x, rest when needed</p> 	<p>Warm-up:</p> <ul style="list-style-type: none"> Continuous squats for 30 seconds Stretch (stretches attached) <p>Workout: In honor of earth day please complete the garden yoga poses attached. Yoga can reduce children's anxiety and stress and can also promote a sense of calmness.</p> 	<p>Warm-up:</p> <ul style="list-style-type: none"> Butt kickers for 30 seconds Stretch (stretches attached) <p>Workout: Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body. How many times can you go back and forth without dropping it?</p> 	<p>Warm-up:</p> <ul style="list-style-type: none"> Jog in place for 30 seconds Stretch (stretches attached) <p>Workout: Happy Friday! Students's choice -Go outdoors and run, play, or complete your favorite outdoor exercise or game! Don't forget to record what you did!</p> 

*Don't forget to record your exercises on the activity log or on a separate sheet of paper, I am not looking for anything formal, just simple evidence that the student is completing the exercises. The following is an example. If you have any questions, feel free to contact me. Thank you!



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GARDEN YOGA FOR KIDS



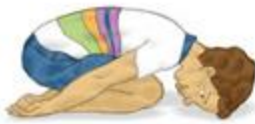
Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



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