



## Week 3 - Home learning for K-2



No technology options	Technology Needed
<p>Let's do some more skipping. Practice skipping forwards and backwards this week.</p> 	<p>Try a dancing work out using <b>Go Noodle</b>. “<b>Can't stop the feeling</b>”. <a href="https://www.youtube.com/watch?v=KhfkYzUwYFk">https://www.youtube.com/watch?v=KhfkYzUwYFk</a></p>
<p><b>Keep It Up- Volleying or striking.</b></p> <p>Can you keep a balloon, zip lock bag with air or sock ball in the air? How many times can you hit it up in the air before it hits the ground? Record daily to check your progress.</p>	<p>How about some dancing options for a good work-out. Just Dance offers “<b>The Freeze Game</b>”. <a href="https://www.youtube.com/watch?v=0ebf3dGGdFg">https://www.youtube.com/watch?v=0ebf3dGGdFg</a></p>
<p>Go outside and find as many objects as you can that are Green, Brown or blue in color.</p> 	<p>Try some <b>Cosmic Kids yoga</b> in the Minecraft World. <a href="https://www.youtube.com/watch?v=02E1468SdHg">https://www.youtube.com/watch?v=02E1468SdHg</a></p>

### **Leaning Tower**

The object is to create a tower with 2 pairs of shoes. Each time the tower falls perform 10 Jumping Jacks. If the tower stands, do 10 push-ups. Change up the exercises as you wish.

Check out my attached file, **“What is your name?”** to complete a full work out. Try your first name, last name or both!

Build a fort outside or help an adult do some spring clean-up around your yard.



**Zumba** – Give this electronic minion song a try.

<https://www.youtube.com/watch?v=FP0wgVhUC9w>