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| April Week of 6th-10th | 2020 |

Gonzalez Elementary IN HOME Physical Education

**American Heart Association**

**Click each day on KHC Link of the Day**

**Monday KHC:** [**Just Dance**](https://docs.google.com/presentation/d/1xYKi-xObvbjhuwR95fWa56rO42W0tdBv9v3QVjhLGi4/present?slide=id.p)

**Tuesday KHC:** [**Know Your Heart**](https://docs.google.com/presentation/d/1b9wIMFGxtLokDTntV9naPJ15HTLrsaBjtnrwTBs85y8/present?slide=id.p)

**Wednesday KHC:** [**FINN’S Missions**](https://docs.google.com/presentation/d/1JsFw5WcQlaPs2ZX1Al2rObq8oR2dh5WQyrbjVXUNVJE/present?slide=id.p)

**Thursday KHC:** [**Jump Around**](https://docs.google.com/presentation/d/1VkrSyRKUTZhDmlV5H3Twwv4iyTmvZLDYzxBT8N_WYYo/present?slide=id.p)

**Friday KHC:** [**Connect the Dots**](https://docs.google.com/presentation/d/12MyawUH69sHTcLeOKivWXbMS7CyOXPbQxfC2tMfcaN0/present?slide=id.p) **How can I make sure I stay healthy and active while at Home?**

**Ways to take care of our bodies:**

**Remember to drink water daily. Eat fruits or vegetables with every meal. Move around often.**

**Wash your hands often for 20 seconds. Cover your cough and sneeze with your shirt. Get 8 hours (or more) of sleep.**

**Each day you can choose your workout! Pick ONE of the daily exercises and click on KFC Link. You can also choose an exercise to do from the daily choice list on the left. Post pictures on ClassDOJO HAVE FUN and STAY ACTIVE!**

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| **Monday 6** | **Tuesday 7** | **Wednesday 8** | **Thursday 9** | **Friday 10** |
| **Run 5 Laps or around your house or 10 your back yard****AND/ OR** **Stand and read for 20 minutes** | [**BATMAN Workout**](https://docs.google.com/presentation/d/1S5ZXCFdbXND48Z0V9KVKgw0oYZW3tw1e2jkFROhQE6Y/present?slide=id.g63e5f90e4_0_0) **www.tinyurl.com/ BatWorkout** **AND/ OR** [**BATGIRL Workout**](https://docs.google.com/presentation/d/1IuGy4GJbiQ34YzISjbtfA9--TroAR945ddwMxfoZ0bg/present?slide=id.gca8d59132_5_0) **www.tinyurl.com/ BatgirlWorkout** | **Find 3 songs you like and Dance them** **AND/ OR****Stretch for 5 Minutes, 10 jumping jacks, squads, toe touches** | [**ANTMAN Workout**](https://docs.google.com/presentation/d/1Bc5iYxcjfUC0z2zWFYU9f31M4UP5khBJmQZ-v2Put3U/present?slide=id.gcabc6ed4a_0_38) **www.tinyurl.com/ AntmanWorkout** **AND/ OR**[**CYBORG Workout**](https://docs.google.com/presentation/d/1DteP_-IpmDhiNsV4dSqw615KGT2Z-1f42aPndLxD7gY/present?slide=id.gcabc6ed4a_0_77) **www.tinyurl.com/ CyborgWorkout** | **Kick a ball** **against a fence or wall 30 times** **AND/ OR****Shoot some** **Hoops into a** **trash can with** **a ball or sock****for 30 times** |

**DAILY CHOICES**

**-Create an indoor obstacle** **course**

**-Build a cup tower and bowl it over with a ball or stuff animal**

**-Run or walk for 5 minutes in your back yard.**

**-Create a dance and share it with someone else in your house**

**-Throw and catch a ball or stuff animal with someone or by yourself**

**-Play outside for at least 15 minutes**

 **. STAY HOME STAY FIT STAY SAFE .**