

Wildcat Nation

We need to keep moving and staying active. Apps, sites, and stuff to maybe help you all.

Favorite online workouts--someone trains YOU!

- <https://www.lesmills.com/ondemand/> (free for a period of time--easy to set up and easy to cancel, over 800 workouts)
- https://www.beachbody.com/product/fitness_programs/on-demand-workout-videos.do (free for a period of time)
- <https://www.fitnessblender.com> (this is absolutely free!!!!)
- https://www.youtube.com/channel/UCo0Pbk8bCutBN-Yf_404Kvw (this is for those of you that have a spin bike)
- <https://www.youtube.com/user/popsugartvfit> (really fun workouts, great variety & free)
- <https://www.youtube.com/channel/UCiH0P3McaOwX4gf7x3b3oTw> (she is such an awesome instructor--Zumba, fitness drumming,
- <https://www.youtube.com/user/yogawithadriene> (Yoga with Adrienne!!!!)
- Also--check your cable provider. We have Comcast and get some free and also not free exercise and training sessions

Rather use an App to work out:

- Nike Training Club App- lots of variety and very easy to use (and can use your own music playlist)
<https://www.nike.com/ntc-app>
- <https://www.yogastudioapp.com> (often have a free trial period)
- Couch to 5k
- Myfitnesspal
- Beachbody, Fitnessblender, and Beachbody have Apps too.

For the family:

- Just Dance on youtube! https://www.youtube.com/results?search_query=just+dance
- YOGA, Jamie helps you all to become stronger, calmer, & wiser <https://www.youtube.com/user/CosmicKidsYoga>
- Fitnessblender, LesMills, Popsugar all have videos for kids too....
- PhysEd
Review: https://www.youtube.com/results?sp=mAEB&search_query=phys+ed+review
- PE Specialist: <https://www.youtube.com/channel/UCzHKzImjJlb-uLlk8e2KxwQ/videos>
- <https://apps.apple.com/us/developer/houston-kraft/id720832008> Character Strong, Houston Kraft
- Family
BINGO Game: https://docs.google.com/document/d/192gBFs_Y3rzh5X5VpafXCzz39zhw_mvK06WOXqQUgPFU/edit
- OPENphysed.org (so many different activities, and guided lessons for you & its free)
- <https://www.geocaching.com/play> (add this App) There are treasures everywhere in your community, go find them together!

DROP EVERYTHING & MOVE CALENDARS & AT-HOME ACTIVITIES:

- SHAPE AMERICA CALENDARS
<https://www.shapeamerica.org/uploads/teachersToolbox/earlyChildhood/ECRevisedcalendar.pdf>
- MARCH CALENDAR
<https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf>

- APRIL CALENDAR
<https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf>
- Lisa Summers 2 week calendar....will continue to add more....
https://docs.google.com/document/d/1K2UDQ3s_CTk7NM3HYD5T3oIIXdSencNfgkSD1SrhxNA/edit
- COVID 19 Daily Schedule Organizer
<https://kfan.iheart.com/featured/mansour-s-musings/content/2020-03-15-try-this-covid-19-daily-schedule-to-keep-your-kids-from-going-stir-crazy/>

Make effort to do some sort of activity throughout the day.

Going on family walks

Playing catch

Bowling (rolling a ball knocking over water balls

jumping over pillows

Jumping jacks through the house

Asking the students to do the stretches from class

Do a Dance party with the students (turn on music or kids bop and enjoy, laugh and break a move with them!

Spring into Fitness!

Directions: Spell the word on each day of the calendar using the alphabet exercises below. Have Fun

- A - 10 jumping jacks
- B - 10 sit-ups
- C - 8 pushups
- D - 15 mountain climbers
- E - 10 trunk twist
- F - 15 sec wall sit
- G - 10 Squats
- H - 10 elbow to knee
- I - 10 scissor jumps
- J - 10 burpees
- K - 10 arm circles
- L - 10 walking lounges
- M - 15 sec plank
- N - 25 sit-ups

- O - 30 sec jog in place
- P - 10 squat jumps
- Q - 10 squats
- R - 10 jumping jacks
- S - 15 elbow to knee
- T - 8 pushups
- U - 15 high knees
- V - 10 sec six inches
- W - 15 sec plank
- X - 10 trunk twist
- Y - 15 mountain climbers
- Z - 30 sec wall sit

VUE Spring into Fitness MARCH/APRIL 2020 School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17 flowers	18 grass	19 Spring	20 mowing	21 bouquet
22 butterfly	23 kites	24 picnic	25 ants	26 movie	27 rainbow	28 fish
29 March	30 baseball	31 lamb	1 April	2 blossom	3 Cross	4 sunshine
5 Easter	6 Bunny	7 season	8 tadpole	9 windy	10 blooms	11 treetop
12 tulip	13 garden	14 seeds	15 bicycle	16 softball	17 swing	18 bee
19 sun	20 caterpillar	21 dragonfly	22 school	23 books	24 dance	25 behavior
26 testing	27 summer	28 beach	29 vacation	30 MayDay	1	2