



LAUSD APE Elementary Continuity of Learning Resource Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 APRIL Theme – Physical Fitness Activity: Using our Muscles A great way to stay fit is to perform exercises to strengthen our muscles! Click on the link below to follow the video. Fitness at Home Exercises	14 APRIL Theme – Physical Fitness Activity: Fitness at Home Check out some fun exercises you can do at home! This worksheet will lead you through jumping jacks, lunges and more. You can move at your own pace...have fun! Fitness at Home	15 APRIL Theme – Physical Fitness Activity: Cardio Workout Get the whole family involved and your heart beating fast by clicking on the link below. This video will have you performing jumping jacks, squats, frog leaps and more! Family Fun Cardio	16 APRIL Theme – Physical Fitness Activity: Animal Movements This worksheet will have you performing 7- minutes of animal movement activities to help with strength and coordination. Get ready to move like a bear and walk like a crab! HIIT for Kids	17 APRIL Theme – Physical Fitness Activity: Exercise with Drawings Please click on the link below to access the video. **If you are unable to jump, step side to side or forward and back, simply move your arms! Exercise with Characters
20 APRIL Theme- Stretching & Strengthening Activity: Yoga for Kids Click on the link below to follow the 25-minute video, which leads you to a fun and family-friendly introduction to yoga. Yoga for Kids	21 APRIL Theme- Stretching & Strengthening Activity: Garden Yoga This self-paced routine will have you holding poses of different creatures we find in gardens, such as a frog and butterfly. You will even learn to stand like a tree. Garden Yoga	22 APRIL Theme- Stretching & Strengthening Activity: Calm Kids Monkey Full Body Stretch. This video is a great selection of stretches that will help your whole body feel relaxed. Calm Kids Monkey	23 APRIL Theme- Stretching & Strengthening Activity: Calm Down Yoga Sometimes we need to help our body relax and remember our body is amazing. Follow the worksheet by clicking on the link below to perform some body poses. Calm Down Yoga	24 APRIL Theme- Stretching & Strengthening Activity: Yoga Practice Let us review our stretching and strengthening poses that we have learned this week. Follow the brief video by clicking on the link below. Yoga Practice
27 APRIL Theme- When in Doubt, DANCE it out! Activity: Floss Dance and Dinosaur Stomp Click on the links below to start the fun by learning new dances to help with rhythms and coordination for the week! Floss Dance Dinosaur Stomp	28 APRIL Theme- When in Doubt, DANCE it out! Activity: Music Man Follow the worksheet by clicking on the link below to pretend to play musical instruments and follow along with actions to work on following patterns and increase upper body strength. Music Man	29 APRIL Theme- When in Doubt, DANCE it out! Activity: Cat Party & Hip Hop Dance Cats and Hip Hop, what a fun combination! This video will work on following directions while moving your body to some awesome music! Cat Party Hip Hop Dance	30 APRIL Theme- When in Doubt, DANCE it out! Activity: Hokey Pokey What a classic, the <i>Hokey Pokey</i> and the <i>Macarena</i> ! Click on the link below to access the worksheet. Put your right foot in, put your left foot in...and have fun while following along! Hokey Pokey	1 MAY Theme- When in Doubt, DANCE it out! Activity: Dance Party! Use your imagination! Let's move while making a pizza during our DANCE party! Then, work off your pizza by following along to the next dance. Click the links below to access the videos to learn some fun moves! Pizza Dance Party Shake Yo Foot

We strongly recommend that an adult supervises and/or participates in each of the activities with their student