<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 13 APRIL  
Theme – Physical Fitness  
Activity: Activities to Strengthen  
A great way to stay fit is to perform exercises to strengthen our muscles! Click on the link below to access the video.  
Fitness at Home Exercises | 14 APRIL  
Theme – Physical Fitness  
Activity: Fitness Circuit  
This worksheet contains a fitness circuit that focuses on mobility and coordination. Complete at your own pace...remember to stay hydrated!  
Fitness Circuit | 15 APRIL  
Theme – Physical Fitness  
Activity: Low Impact Cardio Workout  
No equipment needed! Let's get our heart pumping by moving for 15 minutes. Click on the link below to access the video.  
15 Minute Cardio | 16 APRIL  
Theme – Physical Fitness  
Activity: Cardio and Balance  
This worksheet will get you moving with some cardio exercises that also work on your balance skills! Perform at your own pace.  
Cardio and Balance | 17 APRIL  
Theme – Physical Fitness  
Activity: Bodyweight Workout  
No weights? No problem...all you need is a chair! Remember to stay hydrated and pause for breaks!  
20 Minute Bodyweight |
| 20 APRIL  
Theme: Stretching & Strengthening  
Activity: Yoga to Keep You Calm  
This 30-minute video will introduce you to Yoga. Learn some poses that will help calm you and strengthen your muscles.  
Introduction to Teen Yoga | 21 APRIL  
Theme: Stretching & Strengthening  
Activity: Standing Yoga  
Click on the worksheet below to perform some Yoga poses at your leisure!  
Standing Yoga | 22 APRIL  
Theme: Stretching & Strengthening  
Activity: Yoga for Teens  
A 20-minute video yoga sequence for health and well-being, performed by teens, for teens.  
Yoga for Youth  
Yoga for Youth in Spanish | 23 APRIL  
Theme: Stretching & Strengthening  
Activity: Spring Yoga  
Click on the link below to access the self-pace worksheet. Work on strengthening your muscles by performing poses inspired by objects and animals.  
Spring Yoga | 24 APRIL  
Theme: Stretching & Strengthening  
Activity: Flexibility  
Stretching is a key part to overall body wellness and performed to help prevent injury. Click on the link below to access the video.  
Flexibility for Teens |
| 27 APRIL  
Theme: When in Doubt, DANCE it out!  
Activity: Cha Cha Slide  
Did you know line dances come in different forms? Click on the link below to get your heart rate up and work on directionality. The Cha Cha Slide is a fun dance that you can perform at various social gatherings.  
Cha Cha Slide | 28 APRIL  
Theme: When in Doubt, DANCE it out!  
Activity: Cupid Shuffle  
This link below takes you to a worksheet to access 2 videos. Practice moving side-to-side, kicking and quarter turns. Another social line dance to perform at gatherings.  
Cupid Shuffle | 29 APRIL  
Theme: When in Doubt, DANCE it out!  
Activity: Wobble Dance  
Have you heard of the Wobble Dance? It is a new dance sensation. Check it out at the link below to access the video to work on maintaining your balance.  
Wobble Dance | 30 APRIL  
Theme: When in Doubt, DANCE it out!  
Activity: Macarena  
Another fun line dance! Follow along to this popular song from the 90's. This worksheet has instructions on how to perform 2 dances to get your heart rate up!  
Macarena | 1 MAY  
Theme: When in Doubt, DANCE it out!  
Activity: Zumba Fitness  
Did you know that combining dancing and physical fitness could be so fun? Click on the link below to dance and perform exercises to strengthen your body.  
Summer Zumba |

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