



LAUSD APE Elementary Continuity of Learning Resource Calendar
JUNE 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 JUNE Theme- Jump for June! <u>Activity:</u> Jump Rope	2 JUNE Theme- Jump for June! <u>Activity:</u> Shark Attack	3 JUNE Theme- Jump for June! <u>Activity:</u> Pac Man Jumping	4 JUNE Theme- Jump for June! <u>Activity:</u> Obstacle Course	5 JUNE Theme- Jump for June! <u>Activity:</u> Jump Rope Tricks
<p>Grab your hula-hoop and jump rope for today's activity! Do not have a jump rope? Click the links below the activity for a few neat ways to DIY your own jump rope!</p> <p align="center"> Jump Rope Activity DIY Plastic Bag Jump Rope DIY Old T-Shirt Jump Rope </p>	<p>Practice your jumps and hops, and then play a game of "Shark Attack." During this game, you will jump, or hop to make it more challenging, from spot to spot to avoid the sharks!</p> <p align="center"> Shark Attack </p>	<p>Today we will practice jumping, hopping and leaping! If you do not have hula-hoops for markers, you can draw different colored circles with outdoor chalk, put down paper plates or tape!</p> <p align="center"> Pac Man Jumping </p>	<p>Practice jumping or hopping from side to side. Ms. Robin will lead you through her jumping obstacle course!</p> <p align="center"> Jumping Obstacle Course </p>	<p>Today you will need your jump rope again! The following video will teach you a few jump rope tricks. You can just mimic the foot patterns if you do not have a jump rope!</p> <p align="center"> Jump Rope Tricks </p>
8 JUNE Theme- At the Beach <u>Activity:</u> Cooperative Beach Towel Challenge	9 JUNE Theme- At the Beach <u>Activity:</u> Beach Workout	10 JUNE Theme- At the Beach <u>Activity:</u> Surfin USA	11 JUNE Theme- At the Beach <u>Activity:</u> Captain Splash Workout	12 JUNE Theme- At the Beach <u>Activity:</u> Scavenger Hunt
<p>Work with a partner to launch, catch, and toss a stuffed animal with a beach towel. How many times can you do each challenge in a row?</p> <p align="center"> Beach Towel Challenge </p>	<p>Follow along with <i>Andy Wild</i> for a fun beach workout! Learn to move like different sea animals, such as a crab, seal, and turtle!</p> <p align="center"> Beach Workout </p>	<p>Follow along with this <i>Surfin USA Just Dance</i> video! Work on your rhythm by following the dance movements.</p> <p align="center"> Just Dance Surfin USA </p>	<p>Follow along with <i>Captain Splash</i> for a 12-minute high intensity home workout!</p> <p align="center"> Captain Splash HIIT Workout </p>	<p>You can invite your family to play along with you in this fun scavenger hunt! After you are done, you will practice some ocean yoga.</p> <p align="center"> Scavenger Hunt </p>

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