



LAUSD APE Secondary Continuity of Learning Resource Calendar
JUNE 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">1 JUNE Theme- Jump For June! Activity: <u>Squat Challenge</u></p> <p>Follow along with Ms. Brittani as she takes you through a squat challenge. These exercises will help you build muscular strength in your legs!</p> <p align="center">Squat Challenge</p>	<p align="center">2 JUNE Theme- Jump For June! Activity: <u>Keep Up!</u></p> <p>In this activity, you will practice your jumping and hopping skills. Then, you will ask a household member to help you play a game of “Keep Up,” where you will quickly change direction while jumping and hopping.</p> <p align="center">Keep Up</p>	<p align="center">3 JUNE Theme- Jump For June! Activity: <u>Jump! Dance Fitness</u></p> <p>Let us work on your rhythm during today’s activity. Follow along with a choreographed dance to the song “Jump.”</p> <p align="center">Jump Dance</p>	<p align="center">4 JUNE Theme- Jump For June! Activity: <u>Jump for Fitness</u></p> <p>In this activity, you will increase your heart rate by jumping in different directions. Then, you will participate in a 10-minute cardio jumping workout.</p> <p align="center">Jump For Fitness</p>	<p align="center">5 JUNE Theme- Jump For June! Activity: <u>Jump Workout</u></p> <p>Grab your jump rope for a fun outdoor jumping workout. Do not have a jump rope, no problem; follow along with the foot movements!</p> <p align="center">Jump Workout</p>
<p align="center">8 JUNE Theme- At the Beach Activity: <u>Cooperative Beach Towel Challenge</u></p> <p>Work with a partner to launch, catch, and toss an object with a beach towel. How many times can you do each challenge in a row?</p> <p align="center">Beach Towel Challenge</p>	<p align="center">9 JUNE Theme- At the Beach Activity: <u>Ocean Yoga</u></p> <p>Follow along with the video below for ocean yoga! This includes breathing exercises, ocean themed yoga poses, and a short guided relaxation practice.</p> <p align="center">Ocean Yoga</p>	<p align="center">10 JUNE Theme- At the Beach Activity: <u>Surfin USA</u></p> <p>Work on your Zumba rhythm by following the dance set to the song “Surfin USA.”</p> <p align="center">Surfin USA Zumba</p>	<p align="center">11 JUNE Theme- At the Beach Activity: <u>Captain Splash Workout</u></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 align="center">12 JUNE Theme- At the Beach Activity: <u>Summer Abdominal Work</u></p> <p>Click the link for an abdominal workout. Make sure your shoulders are back, chin is up, and abdominals are tight in order to get the best work out!</p> <p align="center">Summer Ab Workout</p>

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