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| **Day 1: Cardiorespiratory Endurance** | **Activity: Dance**  Pick the 3 dances you want to do from the following link. Remember dance is a great way to exercise your body, heart and have fun!  <https://www.youtube.com/channel/UC3_abeUCJJWX85OoQ4mUGtg> | **Each Day: Did you get your hour of physical activity today?** |
| **Day 2: Flexibility** | **Activity: Yoga**  Do 1-2 of the videos from the following link. Remember stretching allows us to be more flexible. This leads to better range of movement and prevents injuries.  <https://www.youtube.com/user/CosmicKidsYoga> |
| **Day 3: Muscular Endurance & Strength** | **Activity: Its all in the Cards**  Get a deck of cards. If you don’t have one you can generate random cards at this site: [**https://tinyurl.com/nczcqd6**](https://tinyurl.com/nczcqd6)  Draw a card and do the corresponding exercise listed on this sheet:  <http://3oakspe.weebly.com/virtual-learning.html>  Remember many of the exercises for Muscular endurance we typically do 8 – 15 times. |
| **Day 4: 5 for life review** | **Activity: 5 Components of Health Related Fitness**  Watch the video <https://www.youtube.com/watch?v=eCJovVdQgVw>  Can you name one exercise for each component of health related fitness: Cardiorespiratory Endurance, Flexibility, Muscular Endurance and Muscular Strength. Remember Body Composition simply means having a healthy balance of fat mass compared to lean mass. |
| **Day 5: FITT Principle** | **Activity: FITT Principle**  Watch this quick video to refresh yourself on the FITT principle. <https://www.youtube.com/watch?v=i00Iu70fMP0>  Then for today to represent Frequency |
| **Day 6: Nutrition** | **Activity: Food Groups**  If you need a reminder go to Brainpop Jr. in clever and watch the video on food groups. Then play blastoff <https://www.fns.usda.gov/tn/blast-game> and try to make it to planet power by picking the right foods to successfully blastoff!  Remember to get the recommended daily allowance of each food group: Dairy, Protein, Fruit, Vegetables & Grains |
| **Day 7: Nutrition** | **Activity: Food Labels**  Watch both of the videos and participate along by answering the questions with your family and reading the food labels to them.  <https://www.youtube.com/watch?v=HjC07iyP-Lc>  <https://www.youtube.com/watch?v=DjFVOZ_ALuM>  Remember each food label has important facts and nutrition value about the food you are eating. Go to your fridge, cabinet or pantry and find something healthy to eat based on your knowledge of foods. |
| **Day 8: Nutrition** | **Activity: (Grades 3 – 5) Macronutrients**  We talked about macronutrients earlier this year. Remember when we bounced the ping pong ball into the jumbo cup for energy? Watch this video to get an in-depth look and review about macronutrients. <https://www.youtube.com/watch?v=7HXkkanqPKA>  Remember: There are 3 macronutrients: Fat, Carbohydrates & Protein.  Activity: (Grades k – 2) Macronutrients  Watch video on macronutrients: <https://www.youtube.com/watch?v=724AXGqQj6k>  Remember there are 3 Macronutrients: Fat, Carbohydrates & Protein. |
| **Day 9: Nutrition** | **Activity: Sugar Stacks**  With your family check out this fun website called Sugar Stacks. Here you can do experiments with your family. Bet each other how much sugar is in a food item, then see who got the answer correct. <http://www.sugarstacks.com/>  Remember sugar usually falls into the empty calories food category, however in moderation it is ok. | **Each day did you get 1 hour of physical activity?** |
| **Day 10: Fitness** | **Activity: VBFIT**  Complete this circuit workout to celebrate our VBFIT. None of the stations require equipment. You can create your own VBFIT or follow the template at <http://3oakspe.weebly.com/virtual-learning.html>. |