**Week 10**

**Monday-** Balloon Activities

**Balloon and Spoon** <https://www.youtube.com/watch?v=udmyBnBCXbo>

**Wacky Balloon Challenge** <https://www.youtube.com/watch?v=NR3URStZb88>

**Tuesday-** Jumping Activities

**Hurdles**

Find something in your house or yard that you can jump over ( laundry basket, stool). Now try to jump over it in a variety of ways. Frist try to jump from 2 feet to 2 feet, then from 1 foot to 2 feet then finally from 1 foot to 1 foot. As a challenge, set up two or three hurdles in a row to jump over. If you could space the hurdles out a bit you could even run over the hurdles. This activity would work really well outside if you have the space.

**Hopping, Jumping and Leaping across Alligator Alley** <https://www.youtube.com/watch?v=z7nFoNr53Eo>

**Wednesday-**

**Crazy Eights-** Can you complete these 8 exercises 8 times each? If that was too easy, repeat the set another time. For the ultimate challenge do EIGHT sets of the exercises, 8 times each.

Confused yet?

1. Jumping jacks
2. Lunges
3. Tuck jumps
4. Lunges
5. Star jumps
6. Squats
7. Sit ups
8. High knees

**Try this 8 min workout** <https://www.youtube.com/watch?v=EDC-plCTBbc&list=PLyCLoPd4VxBszBLWgWMpt9kb5sKDXNX6M&index=2>

**Thursday**

**Nature Walk-** Head outside for a nature walk and I want you to focus on the people around you. More people are getting outside these days so you will find more people out and about. As you walk start to notice the people around you. Are they moving? If so, how are they moving? Quickly? Slowly? On foot? On wheels? How are YOU moving in the space? Keep moving and have fun!

Check out this video before you head out on your walk. It might help you to notice even more on your time outside.

<https://www.youtube.com/watch?v=0P3Deuv8tbc>

***Happy Summer Boys and Girls! I hope you all enjoy time together with family and friends! Remember to keep your body moving :)***