**Week 9**

**Monday- Around the world overhead throwing game.**

<https://www.youtube.com/watch?time_continue=20&v=oXMQ6wG9qoE&feature=emb_logo>

**Tuesday- All ages work out**

<https://www.youtube.com/watch?time_continue=18&v=L_A_HjHZxfI&feature=emb_logo>

**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. Push ups
5. Star jumps
6. Squats
7. Sit ups
8. High knees

**Thursday- Rope Challenges**

Skipping is an excellent cardio vascular exercise. You can do it alone or with a small group. Did you know there are many other exercises you can do with a simple rope simply by putting the rope on the ground in certain shapes? Try making a circle out of the rope. Hop in and out of the circle 10 times. Run in a circle around the rope, one way and then the other way. For a challenge, try jumping across the circle. Form a push up position with your hands in the center of the circle and your feet on the outside. Move your body in one direction (staying in the push up position) all the way around the circle. This is great for core (tummy muscles) strength. Put the rope in a line and crab walk forward and backward keeping the rope underneath you. Make up your own exercise or game!

\*If you do not have a rope you could use sidewalk chalk or create a circle with some household items\*

**Friday- Tic Tac Toe**

Using sidewalk chalk or tape, mark out a tic- tac- toe grid on a sidewalk or driveway. Find something small to throw into the grid ( you will need 3-4 of this item. Things that would work might be: a bean bag, a small bag of rice, and old jewelry chain (ask an adult first), a small toy a small stick or anything else that is small and wont bounce out of the grid. Then mark out a line to stand behind when you make your throws (maybe three BIG steps from the grid). It is best to play this with a family member. See Who can get three in a row first! For a challenge move the starting line back so you have further to throw!

**BONUS**

**Body Scan-** Let’s be mindful of our bodies. Lie down on your back and close your eyes. Squeeze every muscle in your body as tight as you can! Squish your toes and feet, squeeze your hands into fists and make your legs and arms as hard as stone. Take a big breath in and hold and squeeze it all! Quietly count down from 5-4-3-2-1 in your head then release all your muscles and relax. Use all your senses to think about how your body is feeling throughout this activity. REPEAT!