**Week 3**

**Monday**

Juggling is a fun way to move your body, improve your hand eye coordination and PERSEVERANCE!

**NO PARTNER NO PROBLEM**: You can juggle on your own or with family members!

**ACTIVITY:** Take 3 pairs of socks and roll each into tight balls. Start with one pair, and practice

throwing it in the air, across your body, about eye level height, and catching it in your other hand. If

you can do this 10 times without missing, try adding a second pair. If you can do it with two pairs,

add a third pair! Remember that juggling takes time and practice, so use your growth mindset and

keep trying even if it’s hard!

**WHAT NEXT:**

● Toss socks back and forth with a family member to do partner juggling!

● How high or low can you juggle?

● Throw a ball in the air, and try and do a spin/jump/push up/dance move before you catch it!

**Tuesday**

Throwing is a fun skill to practice both with a buddy or on your own!

**Two ways to throw:**

**Underhand:** SWING → STEP → THROW

**Overhand:** SIDE to target → L SHAPE throwing arm → STEP → TWIST → THROW

**Make a target and throw!** (Tape a paper target to a wall or use a laundry hamper!)

1-2-3 How many times can you hit the target in a row?

From what distance can you still hit the target? Measure it in steps!

**WHAT NEXT?!**

● Time Yourself - How many can you get in a minute?

● Challenge a family member!

● Get crazy - throw between your legs!

**NO BALL? NO PROBLEM!**

1. Crumple up some old newspaper!

2. Make a ball out of socks!

3. Make a ball out of rubber bands!

**Wednesday**

Coin Catcher- Have you ever tried to flick a coin and catch it? Put the coin on the back of your hand, throw the coin in the air and try to catch it before it hits the ground! If you can do one coin, try two coins! Then three, four and five. How many can you do? Try with both hands. Instead of using the back of your hand, use your knee, fingers, toes, ankle, heel, head, elbow or shoulder. Try through the legs, behind the back, over your head. Flick the coins from one person to another.

**Thursday**

**Name Game-** What’s in a name? How about some EXERCISE?!This is a fun fitness activity you can do alone, with a sibling or with the whole family. Starting with the first letter of your first name, spell out your name as you complete the tasks on the poster below. Try your middle name and last name too. If you still aren’t tired, try the whole thing again with a REALLY long imaginary name! Take it another step and make up your own movement activity for the letters of your name and do the circuit again! Tired yet? \*The chart for this activity would not fit here so please look below Friday, on the next page, to find it. \*

**Friday-**

**Deck of Fitness**

Spread a deck of cards (face down) all over a surface- could be a kitchen table, living room floor or grass outside. Choose four corners of your house or yard and determine which corner will be hearts, diamonds, spades, and clubs. Determine a particular movement for each suit. For example, hearts = jumping jacks, diamonds = sit ups, spades = push-ups and clubs =squats (if you would rather come up with your own exercises feel free). To start the activity, each person chooses a card then runs to the corner to perform the task. For example: the 6 of hearts would mean 6 jumping jacks. Play until the deck of cards is gone!

**BONUS:** If you are looking for extra return to week one and go back to some of your favorite videos. This may be helpful for those rainy days.

