**Week 8**

**Monday-**

1. **Mirror Mirror-**

**How to Play:**

* Players pick a partner and face each other. Practice social distancing by keeping 6 feet between each other.
* One person is going to be the leader the other must mirror the leader’s movements
* No talking or touching just mirroring movements
* After two minutes switch roles to let the other person lead.

1. **Video Activity**

<https://www.youtube.com/watch?v=Sf-ZWeyDPnw>

**Tuesday**

1. **Fitness Relay-**

**How to Play:**

Choose a leader and runner. Set out two cones or markers of some kind. The farther the cones are apart the more challenging the game. The leader will call out a series of three exercise ( 2 jumping jacks, 4 alternating toe touches and 3 frog jumps. The runner will run to the farthest cone and perform the exercise series and then it run back to the starting cone. Then the players switch roles. PLEASE NOTE you do not need cones. You can simply use any item to identify the space for the relay.

1. **Check out this video** <https://www.youtube.com/watch?time_continue=5&v=PlXS6a4fhhc&feature=emb_title>

You could use these movements in your relay!

**Wednesday**

**Heart Smart-**

Players spread out standing 6 feet away from each other. The leader calls out things that are good for the heart (walking, running, vegetables, sports, fruits, dancing). When the leader calls out an item, players perform an exercise (pushups, jumping jacks, toe touches). The leader also calls out things that are bad for the heart (smoking, germs, TV, fast food, soda). When the leader does this, players do not do anything. If a player messes up, he or she does a silly dance, then rejoins the game.

**Thursday**

**Pin up**

This game can be played individually or with a partner. Watch the link below to learn the game. PLEASE NOTE if you are not able to do push ups you can always do jumping jacks.

<https://www.youtube.com/watch?v=MkBZV4oE2rY>

**Friday**

**Animal Rescue**

This game can be played indoors or outdoors. If you do not have a dice you can cut up pieces of paperand label them 1-6.

<https://www.youtube.com/watch?v=lpaZp4kCEA0>