**Week 9**

**Monday:**

**Back Yard Circuit**

Set up a circuit in your yard, an open field or the beach. Decide on three different movement activities (ie jumping, juggling, hula hooping) Do each activity for 40 seconds then switch to the next activity. Repeat as many times as you like. A Beach circuit might include: walking along logs, skipping rocks in the water and doing planks in the sand. The most important thing is to choose movements that make you happy.

**Video Activity:** Alphabet Workout <https://www.youtube.com/watch?v=6oz_9rb8LEg&list=PLyCLoPd4VxBvTIWxbEMv3Hq5yQBgu8SDj>

**Tuesday**

**Towel Time**

You can do this activity inside or outside and all you need is a towel. It will help with your agility, endurance and strength. Place a towel on the floor. Run around the towel one way and then the opposite direction. Jump (or leap)from the top to the bottom of the towel and then from side to side. Scrunch the towel up so that it looks like a long line. With feet together, jump from one side to the other 20 times. If you have a partner you can have a tug- o – war, or maybe pull a younger sibling across the floor on the towel. Make up your own towel games!

**Video activity:** Exercise Video <https://www.youtube.com/watch?v=xbVr38Bhe7E>

**Wednesday**

**Socks in pots**

Set up some pots around the house. You could also use hats or buckets. Roll up some socks and use them as balls. Try to throw the socks into different targets. Try throwing from different distances and from different angles. For a challenge use your non- dominant hand or throw through your legs!

**Video Activity:** Yoga <https://www.youtube.com/watch?v=PZQHCVXlPJI>

**Thursday**

**Balloon Games**

“Keep it up” is a classic balloon game perfect for inside for one or more people. The aim is to simply keep the balloon in the air and not let it touch the ground. Be sure to have adequate space, free from fragile items and tripping hazards. Have you ever played balloon tennis? Blow up a balloon and tie a knot at the end. Then make aa racket using a paper plate and a stick- like item (ruler, small stick, paper towel roll, fly swatter). Attach the handle to the plate with some good tape. You can play by yourself by hitting the balloon against a wall or with a family member.

**Video Activity:** <https://www.youtube.com/watch?v=kc_QvzVmUAg>

**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 in the middle of the yard. Choose four corners of your house or yard and determine which corner will 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. 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 is gone.

\*For face cards you can count them as 11\*

**Video Activity :** <https://www.youtube.com/watch?v=H0MI2rwAOHU>