

Week 4 April 13th-April 17th

Monday	<u>NO SCHOOL!</u>
Tuesday	Track and Field Skill #2- Long Jump -Set a rope up on the ground -Start at one end and jump as far as possible down the rope -Measure how far you jumped - Repeat and try to beat your jump -see attached worksheet with other jumping skills as well
Wednesday	Fitness Tic Tac Toe Card #1- see attached workouts
Thursday	Put your favorite song on and dance to it!! You could freeze dance or just bust your favorite moves!
Friday	Work on your BINGO CARD or 30 minute of Free choice Friday! Write down on the log what you chose to do!