Exercise can come in many different forms! Here is a list of some fun ideas when we are stuck at home to help your kid achieve their active minutes on their fitness log. Students are not required to complete the fitness log, but I think many students will enjoy it and bring back a lot of fun stories to accompany their active minutes!

-Canned food lifting

-Step ups on a sturdy stool or chair

-Dance

-Partner stretching

-Pick a movie or TV show, decide a challenge, for example, every time the main characters name is said, do 10 jumping jacks.

-Go on a walk or a hike

-Balancing challenges

-THE FLOOR IS LAVA!

-Rake leaves

-Create a relay race

-Visit a neighborhood park

-Practice rope power jumps, teach a sibling or friend rope power jumps

- Yoga

-Tag games

-Movement songs (list on my webpage)

-Play catch

-Go on a bike ride

-Create an obstacle course (inside or outside!)

-Organize a hunt that spreads across a large area, or even inside. Just place toys or anything you choose in different places and start your kid off with the first place, provide clues for the next place.

-Follow the leader

-Hopscotch

-Sock Skating

-Pillow fight

-Wheelbarrow or crab walk races

-Clean up Race

-Red light Green light

\*There are so many things you can do to keep your kid active and get yourself moving too! If you have any fun ideas that you do, please share!\*