

#### **K-4:**

1. **Freeze Dance** (dance when the music plays & the designated DJ will randomly stop the music, everyone will freeze. Repeat this until there is one person left or until tired)
2. **Hopscotch** (use painters tape to make ten squares and numbers inside. You can use a bottle cap to put on a square and proceed to hop. Continue this until you feel tired)
3. **Obstacle Course** (Move tables and chairs around and set up a fun obstacle course. Crawl under tables, climb over chairs, crawl through boxes, etc. It's so much fun.)
4. **Simon Says** (do physical commands such as, jump on one foot, run in place, jumping jacks, crawl on your belly, sit-ups, etc. Take breaks in between.)
5. **Balloon Paddle Ball** (Use a fly swatter, tennis/badminton racket or make your own paddle using a paper plate and over-sized popsicle stick (or use a paint stir stick or plastic spoon)
6. **Penguin Waddle** (Place a balloon between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they will have to go back to the start)
7. **Color Toss** (Similar to Floor Bop, but with this game you'll tape colored pieces of construction paper to the floor. Create your own point system where you get 1 point if you land a bean bag on any paper, but 5 points if you land on a paper that matches the bean bag color.)
8. **Soccer** (Bring outdoor nets inside, or set up a goal using 2 cones (or plastic cups), a chair (score by getting it through the legs) or a simple piece of tape. Use any soft ball, or a super fun gliding ball
9. **Jumping Limbo** (Do the Limbo in reverse: instead of going under, have your kids jump over! Using something flexible like a stretchy exercise band, crepe paper or jump rope, have 2 people hold it (or attach it to something on one side) and start it on the ground. Have your kids run in a circle and then jump over it. After a few successful jumps, raise it an inch or two. Keep raising it until they can't jump any higher!)

#### **5-8:**

1. **Jumping lunges** (Start with right knee slightly bent and left leg forward in lunge position. Keep your hands at your sides or on your hips for balance. Then, jump in the air while switching to the opposite leg, landing in lunge position. For added intensity, keep one arm raised above the head and switch to the opposite arm during the jump. Repeat several times for one interval.)
2. **Dips** (Position yourself on the edge of a chair with hands resting on it, palms down. Keeping your legs outstretched, slowly slide off the chair while lowering yourself. Your arms should reach a 90-degree angle before you pull yourself back up. Repeat several times for one set.)
3. **Cardio Squats** (Stand straight with hands resting on the hips. Then, bend your knees and lower your glutes into the squat position, being careful not to push your knees too far forward. You should feel your glutes working. For an added cardio challenge, repeat these squats at a rapid pace for at least 60 seconds and rest.)
4. **Dancing** (Dancing is an excellent way to burn calories, and get your heart rate going while having fun. If you are in the privacy of your own home, there is no need to look like a pro or impress anyone.)

5. **Cleaning** (Cleaning can be very physical, especially vacuuming and mopping. If you are unable to go out one day to ride your bike or go for a run, clean your house instead and it will help your parents while doing so.)
6. **Stair stepping** (It's a great exercise to do in your home, even if you don't have a set of stairs available. Find the biggest book you own (or a sturdy chair), put it in front of the TV, and step up and down while watching your favorite show. You may not work up a sweat like you would with a jump rope, but you will be keeping your body active and healthy.)
7. **The Plank** (If you do not have a lot of time, but you want to build up your core muscles, this is the exercise for you. Get into a push-up position, but instead of bending your arms and moving down towards the floor, hold the position with your arms extended. Start off holding the position for 30 seconds, and add an additional 10 seconds every day. See how long you can go for – it's definitely not easy! This is one of the most challenging exercises, but it's also one of the best for your core.)