

Emergency Academic Engagement Day Menu

Grades K-2

If the District designates an Emergency Academic Engagement Day, please choose one activity from each column to complete.

<p style="text-align: center;">Go on a 20 minute walk with someone.</p>	<p>Do each exercise 20 times: Jumping Jacks, Sit-ups, windmills. If you need a challenge, try counting by 2s as you do them for a second round!</p>	<p>Run around the (OUTSIDE) of your house 10 times... more if you are feeling the energy! Have someone help you count or run with you!</p>
<p>Practice the hop, jump, hop, jump rotation called the HOPSCOTCH until you can do it multiple times in a row.</p>	<p style="text-align: center;">Dance for 30 minutes to your favorite song on the radio.</p>	<p>If you have a balloon, practice striking it with your hand and not letting it hit the floor!</p>
<p>Find an object that you can easily play catch with. Find someone who you can practice your underhand and overhand throwing with.</p>	<p>Practice all of your locomotor moves: run, walk, skip, gallop, hop, jump, sideslide, and leap.</p>	<p>Try to balance: on one foot, on your head and hands (tripod), or do a head stand against the wall. Do 10 summersaults and then some log rolls.</p>
<p style="text-align: center;">PLAY OUTDOORS for at least 30 minutes.</p>	<p>Work on non-locomotor moves like bending, stretching, rolling, balanceing, bear crawl, and crab walk.</p>	<p>EVERY DAY BONUS: Wash your hands often as you play your favorite song all the way through! (most songs are at least 2 min. long)</p>

Emergency Academic Engagement Day Menu

Grades 3-5

If the District designates an Emergency Academic Engagement Day, please choose one activity from each column to complete.

<p style="text-align: center;">Go on a 30 minute walk with a friend.</p>	<p>Do each exercise 20 times: Jumping Jacks, Sit-ups, windmills. If you need a challenge, try counting by 2s as you do them for a second round!</p>	<p>Run around the (OUTSIDE) of your house 10 times... more if you are feeling the energy! Have someone help you count or run with you!</p>
<p>Weigh yourself and drink that many ounces of water today along with at least one cup of vegetables. Record how you feel at the end of the day.</p>	<p style="text-align: center;">Dance for 30 minutes to your favorite song on the radio.</p>	<p>Find a ball that can bounce and practice dribbling the ball, passing, bouncing, and shooting. Please to this OUTSIDE. :)</p>
<p>Design an exercise program that includes at least 4 different exercises. Share it with your family and ask them to join in if they want!</p>	<p style="text-align: center;">Go on a 30 minute bike ride with a friend.</p>	<p>Practice the routine you already made or make up a new routine and do step aerobics for at least 30 minutes. Remember.... you don't need a step, just an idea of a rectangle where you would step.</p>
<p style="text-align: center;">PLAY OUTDOORS for at least 30 minutes.</p>	<p>Create a new game that you could teach to other students when we return to class.</p>	<p style="text-align: center;">EVERY DAY BONUS: Wash your hands often as you play your favorite song all the way through! (most songs are at least 2 min. long)</p>