***Purpose:***

 *Quick Daily Physical Activities that can be done first thing in the morning or as brain breaks in between other e-learning (with adult supervision).*



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|  Done  | Day  | DEAM Activity  |
|   | 1  | Spring into Action: Find someone to do 20 jumping jacks with you.  |
|   | 2  | Say your math facts while doing reverse lunges.  |
|   | 3  | Take a walk.  |
|   | 4  | Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.  |
|   | 5  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.  |
|   | 6  | Help a neighbor or friend with some spring cleaning!  |
|   | 7  | Do as many trunk-lifts as you can.  |
|   | 8  | Spring into Action: Find 2 people. Do 30 jumping jacks together.  |
|   | 9  | Do push-up shoulder taps while reciting your spelling words.  |
|   | 10  | Take a walk.  |
|   | 11  | Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.  |
|   | 12  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.  |
|   | 13  | Using an old container, gather soil, and plant flowers seeds.  |
|   | 14  | Do as many squats as you can.  |
|   | 15  | Spring into Action: Find 3 people. Do 40 jumping jacks together.  |
|   | 16  | Perform squat-jumps while naming the continents.  |
|   | 17  | Take a walk.  |
|   | 18  | Did you know donuts have ~280 calories? Jog in place for a 280 count.  |
|   | 19  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.  |
|   | 20  | Get 60 minutes of MVPA. You choose how!  |
|   | 21  | Do as many push-ups as you can.  |
|   | 22  | Spring into Action: Find 4 people. Do 50 jumping jacks together.  |
|   | 23  | Read a book while doing a wall sit.  |
|   | 24  | Take a walk.  |
|   | 25  | Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!  |
|   | 26  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.  |
|   | 27  | Invent a game and try it out!  |
|   | 28  | Do as many curl-ups as you can.  |
|   | 29  | Spring into Action: Find 5 people! Do 60 jumping jacks together.  |
|   | 30  | Spring into Action: Find someone to do 20 jumping jacks with you.  |