***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. |