



# RAMBLERS ON THE MOVE



Hello Rambler families - I sure hope you are all staying safe and I miss seeing all those kiddos inside the gym. Each week I will share some different activities that can be done at home to help keep kids moving. Stay safe and be creative in improvising when needed. Feel free to share pictures or videos to your child's Seesaw account of them being active - this is a great way for me to connect back with them and also with their peers.

## ACTIVITIES FOR April 20th - 24th

<p style="text-align: center;"><b>WARM- UP FUN</b></p> <p>Animal Walks - find an open space and try to do each one for 30 seconds (no timer, slowly count to 30)</p> <ul style="list-style-type: none"> <li>● Frog jumps</li> <li>● Bear crawl</li> <li>● Starfish Jumping Jacks</li> <li>● Crab walk</li> <li>● Crocodile Crawl (tummy down, only hands and feet touch floor)</li> <li>● One legged Flamingo Hops</li> <li>● Donkey kicks (Butt kickers)</li> </ul>	<p style="text-align: center;"><b>STRENGTH BUILDERS</b></p> <p>Core work</p> <ul style="list-style-type: none"> <li>● Sit-Ups - try and do 10</li> <li>● Leg lifts - lay on back, feet straight out in front, glue shoes together, lift shoes just off the ground, hold for 10 secs.</li> <li>● Planks - hold for 10 seconds</li> </ul> <p>Repeat 3 times. If you want to challenge yourself, change each 10 to 15 in the above activities.</p>
<p style="text-align: center;"><b>ACTIVITY TIME</b></p> <p>1:00 Challenges - use a stopwatch, timer or count to 100</p> <ul style="list-style-type: none"> <li>● Balance on one leg</li> <li>● Jog around the house (or in place)</li> <li>● Climb stairs</li> <li>● Jump rope (use an invisible one if needed)</li> <li>● Shuffle around trees or driveway</li> <li>● Toss and catch to yourself or family member</li> <li>● Line jumps (side to side or front/back)</li> <li>● Ball dribbling or ballon boop in air</li> </ul>	<p style="text-align: center;"><b>CHARACTER TIME</b></p> <p>Take the time to write 2 family members or close family friends a quick note sharing what you have been doing at home and one special memory you have of them. You can mail the note or call and read it to them.</p>
<p style="text-align: center;"><b>NUTRITION TIDBIT</b></p> <p style="text-align: center;">Be sure you are drinking lots of water throughout your day to keep your body hydrated.</p> <p style="text-align: center;">5-8 year olds = 5 glasses (8oz.)    9 -12 year olds = 7 glasses (8 oz)    13+ years = 10 glasses (8oz)</p>	

*I ENCOURAGE STUDENTS (AND FAMILIES) TO REPEAT THESE ACTIVITIES MULTIPLE TIMES THROUGHOUT THE WEEK. BE SURE TO TAKE ADVANTAGE OF THE GREAT OUTDOORS AND GET OUTSIDE AS MUCH AS POSSIBLE.*