



RAMBLERS ON THE MOVE



ACTIVITIES FOR April 27th - May 1st

WARM- UP FUN

- Complete a slow jog for 1:00
- 10 Jumping jacks
- Shuffle “step” 25 times
- 20 kangaroo jumps
- Hop on each foot 10 times
- Complete a slow jog for 1:00

STRENGTH BUILDERS

- Baby Shark Sit Up Challenge
<https://youtu.be/LurCQ9XGkt0>
 - Go as long as you can each time and see if by the end of the week you can make it through the whole song. Remember - “I can do hard things”.

ACTIVITY TIME

- How to build a jump rope (will need lots of plastic grocery bags and some sort of tape).
https://www.youtube.com/watch?v=1Z1-ffrT_24&feature=youtu.be&fbclid=IwAR0GCrpYi1-x1DHPApz4IJU3tC1ZfkPsXcvkjaef00bGEGnQk2LtG4I3ERw
- Once you have your rope built - keep it in a safe place and you will be able to use it throughout the upcoming weeks
- Set a timer for 5:00
 - K-2 see how many total jumps you can get in before the timer goes off.
 - 3-4 see how many jumps in a row you can get. Set a record and see if you can beat it.

Happy jumping - you can twirl forward or backwards, just remember **BIG TWIRL, LITTLE JUMP**.

CHARACTER TIME

Showing gratitude:

- Name a person you are thankful for.
- Name a place you are thankful for.
- Name a food you are thankful for.
- Name a book you are thankful for.
- Name a thing you are thankful for.
- Name anything of your choice you are thankful for.

Mrs. Huhn’s responses:

- I am thankful for my Grandpa McLaughlin.
- I am thankful for Michigan’s sandy beaches.
- I am thankful for tacos.
- I am thankful for any book by Mercer Mayer.
- I am thankful for tennis shoes.
- I am thankful for Perry Elementary students - whom I am missing lots. Hope you are all staying active and safe.

NUTRITION TIDBIT

Try and eat a rainbow of colors with your fruits and vegetables each day. Snack time is a great time to get in extra servings of fruits and vegetables. Mrs. Huhn’s favorite fruits and veggies are “crunchy” ones.

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.