



## Physical Activities Grades 6–8

### Fitness & Movement

Please complete these activities with a sibling, parent, guardian, or family member!

<p><b>Dance &amp; Rhythm</b></p>	<p>Make a dance routine for your favorite song, or learn all of the moves to a choreographed dance (Cotton-eyed Joe, Electric slide, Cha-Cha Slide, Cupid Shuffle, or Macarena). This link is to a tutorial on the Macarena. <a href="https://www.youtube.com/watch?v=OzV63IRR8BQ">https://www.youtube.com/watch?v=OzV63IRR8BQ</a></p>
<p><b>Outdoor Pursuits</b></p>	<p>Go for a walk around your neighborhood with your partner. Learn a new route back to your home!</p>
<p><b>Assessment &amp; Program Planning</b></p>	<p>Set 3 goals for being active to follow the next two weeks. Examples: Go for a walk every day, try to beat my push-up record three times a week, stretch before bed each night.</p>
<p><b>Fitness Activities</b></p>	<p>Follow the yoga sequence in this video that includes verbal descriptions of movements. If you have another video you prefer, follow that one instead! <a href="https://www.youtube.com/watch?v=tnpYMHsp8Q0">https://www.youtube.com/watch?v=tnpYMHsp8Q0</a></p>
<p><b>Fitness Knowledge</b></p>	<p>After you have been moving, it is important to stretch! Lead yourself through stretches for 5-10 minutes. Pay special attention to muscles that feel tight. Some stretches include lunges; sitting with your knees bent and soles of your feet touching (the butterfly); sitting with legs straight out in front of you and reaching for your toes, etc.</p>
<p><b>Nutrition</b></p>	<p>When it comes time for a snack, choose a healthier option at least once a day.</p>