

# Healthy Week

## Equipment:

- ✓ Whiteboard and markers

## DIY Equipment:

*Don't have the equipment needed? Use any piece of paper and pen instead!*

## Get Ready!

Review or write down the lyrics for Healthy Week

## Instructions:

1. Each day of the week has a different movement. When you sing the name of the movement, complete the movement before moving on to the next verse.

## Health Week Song Lyrics (to the tune of the "12 Days of Christmas")

*"On the (day of the week) of good health my friends did with me..."*

Monday- "one big breath that gives us energy"

Tuesday- "two forward lunges"

Wednesday- "three overhead reaches"

Thursday- "four forward kicks"

Friday- "five jumping jacks"

Saturday- "six vertical jumps"

Sunday- "seven deep squats"

## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

Today you worked on stretching and improving your flexibility. Where do you feel a stretch when you bend over and touch try to touch your toes?

How do you stretch the back of your arms?