





Friday Move



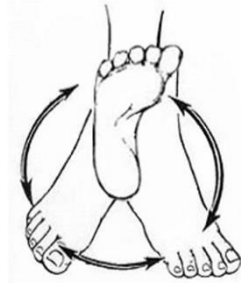
A Fit-Fun Friday Activities incorporates stretches, arms, legs, and abs

Activity	Duration	Notes
<p>Friday big workout: Warm up: hip twists on the spot for a minute, rotating hips back and forth while arms move at same time and bouncing on feet. Activities circuit: 30 dips using the chair (bringing body all the way down to a position where arms lock, then back up)</p>	30 dips	
30 squats (with butt quickly touching on to chair then stand up)	30 squats	
30 Russian twists (sitting in chair engaging abs then going side to side)	30 Russian twists	
<p>20 of each exercises 10 of each exercise 5 of each exercise Stretch/cool down: Cross arm across body and hold, making sure you are holding each arm for 20 seconds in a locked position, and keeping your arm straight</p>	20 seconds each arm	

Hold wrists backwards against desk, Turing your arms out then placing your fingers on the desk, palm down, fingers facing yourself



Circle ankles in a clockwise direction while keeping them suspended in the air. This can be done while sitting



COVID-19 Considerations: Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the class' overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!