



Husky Physical Education Fitness Calendar

September 2020 Grades 4-6



Monday	Tuesday	Wednesday	Thursday	Friday
Movement Activity: 31 Kidz Bop-Dance Monkey Yoga Joy Fitness Activity: Darebee-Cardio High	Movement Activity: 1 Kidz Bop-Truth Hurts Total Body Yoga Fitness Activity: Fitness Break (4-6)	Movement Activities: 2 5 Minute Dance Party Classroom Meditation Fitness Activity: Dance it Out	Movement Activities: 3 The Sid Shuffle Yoga-Emotions and Feelings Fitness Activity: Happier TABATA	Movement Activities: 4 Kidz Bop-The Git Up Power Yoga Break Fitness Activity: HIIT Activity for Kids
7 HOLIDAY	Movement Activities: 8 Go Noodle-Lateral Movements Yoga for Kids-Strength and Balance Fitness Activity: 6 Physical Education Fitness Circuits	Movement Activities: 9 Just Dance-2014 Starships Yoga to Feel Your Best Fitness Activity: 20 Minute Workout for Kids	Movement Activities: 10 Go Noodle-Bones, Bones, Bones Beginner Flexibility Routine Fitness Activity: The Basics of Locomotion	Movement Activities: 11 Go Noodle-Mood Walk 8 Yoga Poses that Improve Balance Fitness Activity: Jumping Techniques
Movement Activities: 14 Go Noodle-Performance Training Stretching Routine to Get Flexible Fitness Activity: This or That Emoji Edition	Movement Activities: 15 Go Noodle-Turn Yoga for Strength Fitness Activity: Super Mario Fitness Challenge	Movement Activity: 16 Go Noodle-Can't Touch This Yoga Ed- A Practice to Feel Safe Fitness Activity: Fitness 1- PE Live	Movement Activity: 17 Go Noodle- How to Whip Yoga Ed-Emotional Regulation Fitness Activity: In Home PE	Movement Activity: 18 Go Noodle-Two Princes Stay and Play-Yoga for Kids Fitness Activity: High Energy Exercise Class
Movement Activity: 21 Go Noodle- Achy Breaky Heart Yoga Ed-Calm Body, Calm Mind Fitness Activity: Ultimate 20 Minute Full Body	Movement Activity: 22 Kidz Bop-Senorita Older Kids Yoga to Build Resilience Fitness Activity: Would You Rather Fitness #2	Movement Activity: 23 Kidz Bop-Sunflower Egyptian Kids Yoga Fitness Activity: Would You Rather Fitness #3	Movement Activity: 24 Kidz Bop-Thunder Chair Yoga for Slowing Down Fitness Activity: The Sweat Box-Fitness	Movement Activity: 25 Kidz Bop-Me! 10 Minute Stretch-Yoga Fitness Activity: Go Noodle-Full Speed Fitness
Movement Activity: 28 Just Dance-Dance Monkey Rainbow Yoga Fitness Activity: 5 Minute Fitness-Kids Workout 5	Movement Activity: 29 Go Noodle- Achy Breaky Heart Yoga Ed-Calm Body, Calm Mind Fitness Activity: Ultimate 20 Minute Full Body	Movement Activity: 30 Fresh Start Fitness-Rock Out Yoga-Anchor in Hope Fitness Activity: The Kids Coach-Teen Fitness Cardio		