



Husky Physical Education Fitness Calendar

September 2020 Grades K-3



Monday	Tuesday	Wednesday	Thursday	Friday
Movement Activity: 31 Go Noodle-Squatchy Rock Cosmic Kids Yoga-Mike the Cosmic Monkey Fitness Activity: This or That Choose Your Fitness	Movement Activity: 1 Go Noodle-Purple Stew Cosmic Kids Yoga-Mike and Muttnik on the Moon Fitness Activity: Little Sports-11 Fun Exercise Routines	Movement Activities: 2 Go Noodle-Little Green Froggie Cosmic Kids Yoga- Marv the Metal Detective Fitness Activity: Shift HIIT for Kids	Movement Activities: 3 Go Noodle-Cat Man in Space Cosmic Kids Yoga-Taste Test Fitness Activity: Creative Fitness Kids	Movement Activities: 4 Go Noodle-Surfer Dude Cosmic Kids Yoga-Fairy Floss Fitness Activity: Would You Rather Volume 7
7 HOLIDAY	Movement Activities: 8 Go Noodle-Showstoppers Cosmic Kids Yoga-Twilight the Unicorn Fitness Activity: Little Kids-Legs and Arms	Movement Activities: 9 Go Noodle-Count to 100 Cosmic Kids Yoga-Tallulah the Owllet Fitness Activity: The Kids Coach-Jungle Workout	Movement Activities: 10 Go Noodle-Get A Haircut Cosmic Kids Yoga-Diggory the Fitness Activity: The Kids Coach-Space Launch	Movement Activities: 11 Go Noodle-Maxerena Go Noodle-Eagle Pretzel Fitness Activity: Kids Fitness Workout
Movement Activities: 14 Go Noodle-The Penguin Song Go Noodle-Willow Willow Fitness Activity: 5 Minute Superhero Workout	Movement Activities: 15 Exercise, Rhyme & Freeze Cosmic Kids Yoga-Joybob the Polar Fitness Activity: 10X Fitness Games	Movement Activity: 16 Get Up to Get Down Cosmic Kids Yoga-Lulu the Lioness Fitness Activity: Workout for Kids-Misha & Monkey	Movement Activity: 17 Tooty Ta Alphabet Yoga A-Z Fitness Activity: Exercise Like Each Letter	Movement Activity: 18 Boom Chicka Boom Yoga in the Classroom-K-4 Fitness Activity: Outer Space Kids Fitness
Movement Activity: 21 Move and Freeze Cosmic Kids Zen Den-Be the Pond Fitness Activity: Workouts for Kids-Space Run	Movement Activity: 22 Astronauts-Children's Song Outer space-Yoga Stories Fitness Activity: The Kids Coach-Space Launch	Movement Activity: 23 Go Noodle-Line Up Yoga for Inner Space Travel Fitness Activity: The Kids Coach-Bricktastic	Movement Activity: 24 Go Noodle-Be Nice! Go Noodle-Chin Up Fitness Activity: The Kids Coach Core Workout	Movement Activity: 25 Dancing Robots 6 Minute Yoga for Kids Fitness Activity: The Kids Coach-Block the Puck
Movement Activity: 28 Go Noodle-Run the Red Carpet Cosmic Kids Yoga-The Wizard of Oz Fitness Activity: The Kids Coach-Roll Up to the Circus	Movement Activity: 29 Go Noodle-Turn Cosmic Kids Yoga-Sheriff the Updown Fitness Activity: Exercise for Kids	Movement Activity: 30 Go Noodle-Get Up Cosmic Kids Yoga-Harry Potter Fitness Activity: Let's Get to Work		