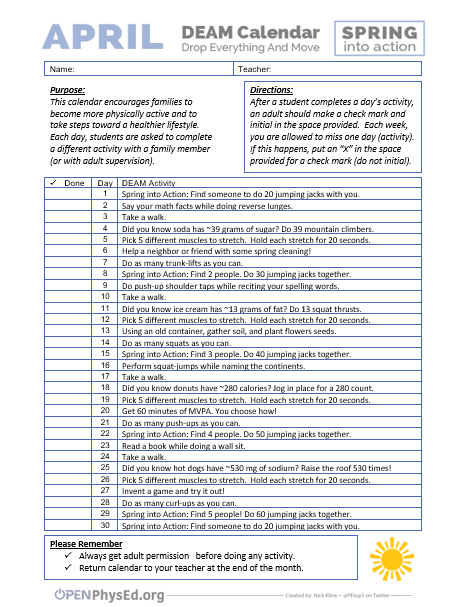
**April DEAM Calendar (Drop Everything and Move)**

Every day in April, perform or complete the activity of the day. Have a family member sign off on it. It is not a requirement to return this to me, however, if you’d like to share it with me, I would love to hear from you!

**Boot Camp #1 and #2**

Perform each activity listed for 30 seconds.





**Tabata #1 and #2**

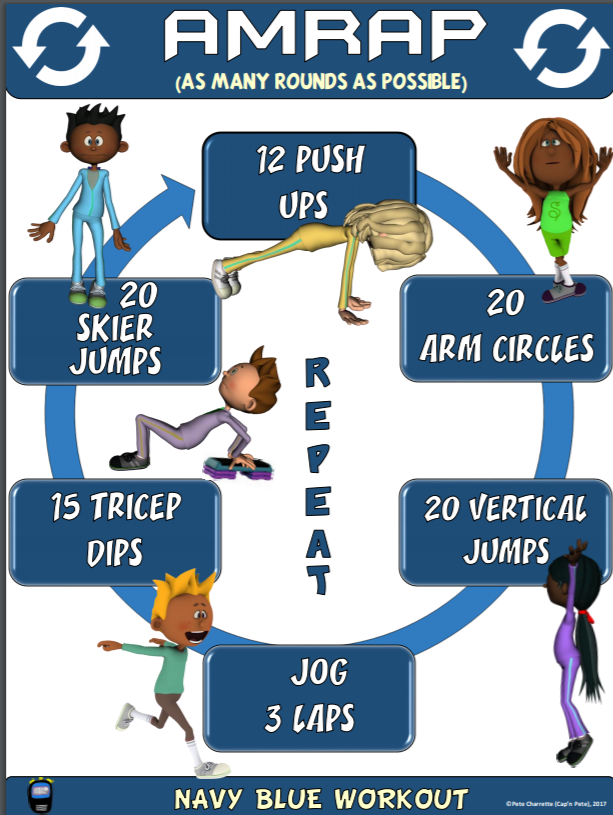
Perform the activity for 20 seconds, take a 10 second rest. Repeat until you’ve performed all the activities.

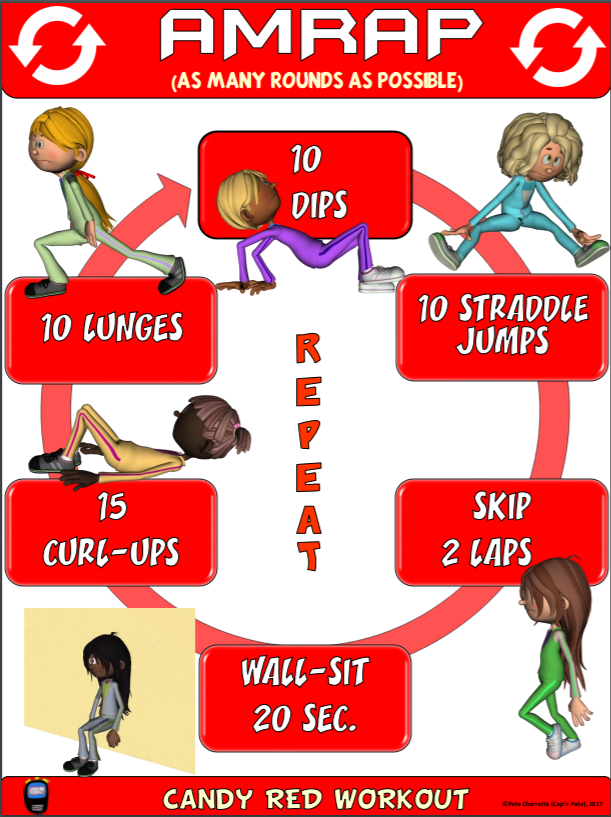




**As Many Rounds As Possible (AMRAP)**

Perform each activity for the number of repetitions listed. Complete as many cycles as you can.

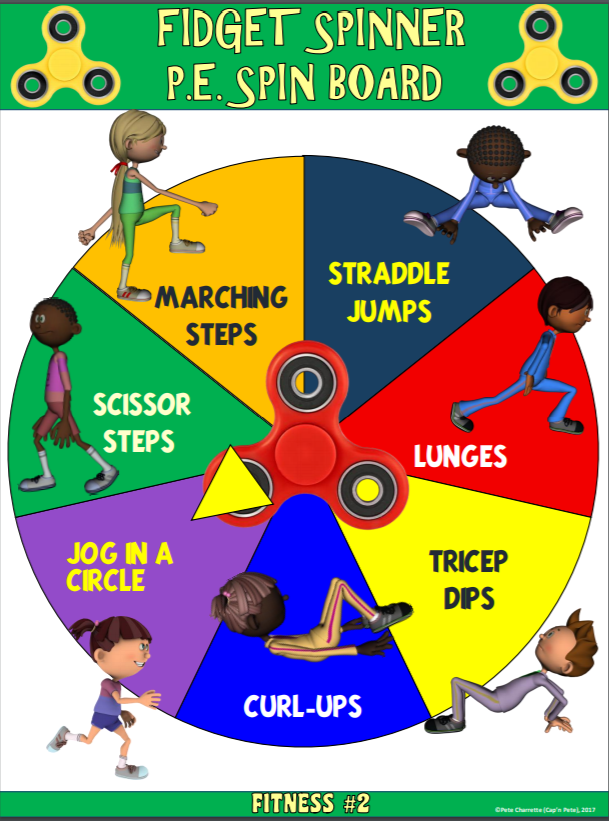




**Fidget Spinner P.E. Spin Board #1 and #2**

If possible, print the “Fidget Spinner P.E. Spin Board” and place a fidget spinner on the middle of the board. Tape a small arrow to it, spin the fidget spinner and perform the activity that it lands on. You can also use a paper plate if you do not have printer access.





**Bean Bag Super Challenge**

Perform each challenge using a bean bag, small stuffed animal, or a similar item.



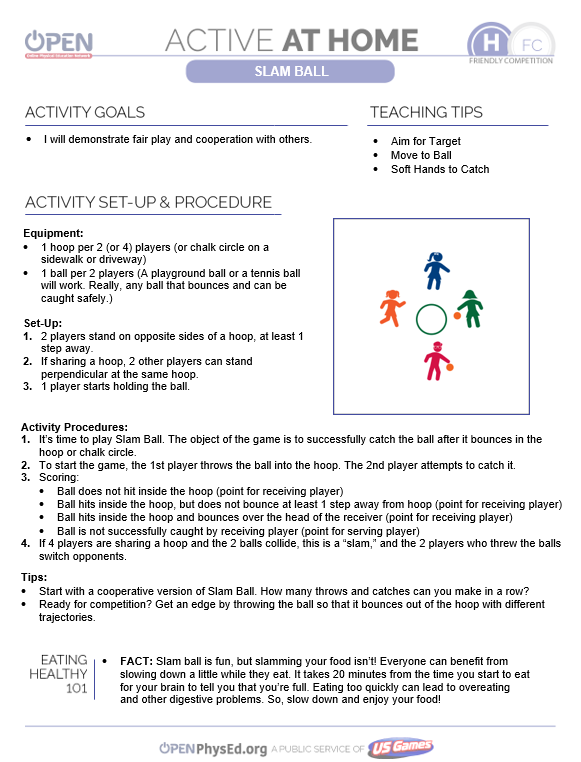
**Scarf Super Challenge**

Perform each challenge using a scarf or lightweight object that “floats” in the air.



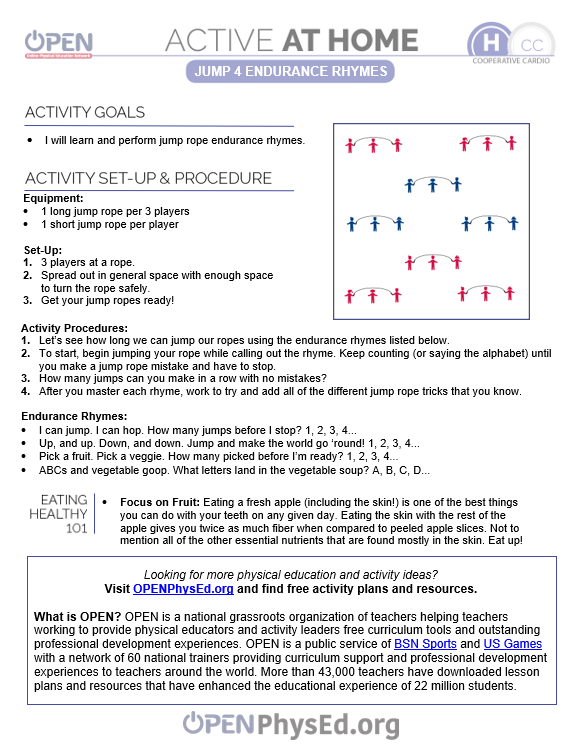
**Slam Ball Activity Plan**

This game is played similarly to Spike Ball, the activity that we had just finished prior to closure.



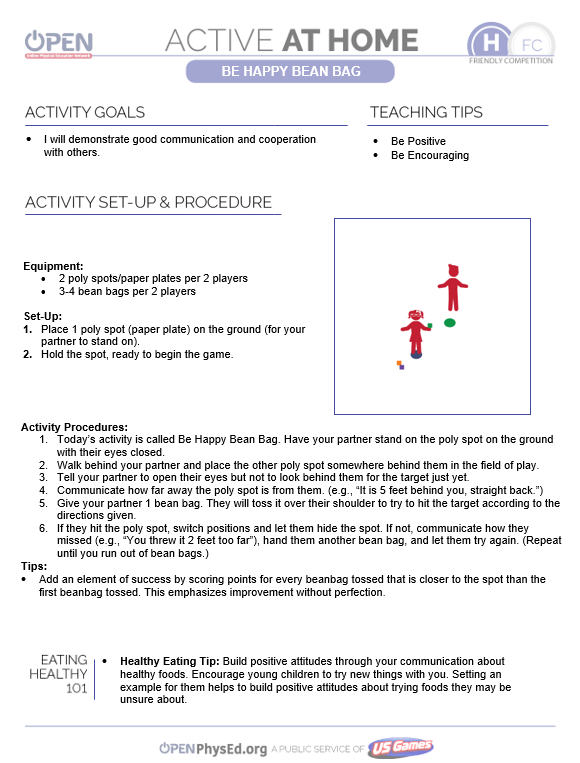
**Jump 4 Endurance Rhymes Activity Plan**

For this activity, you will need a jump rope and some family members to help.



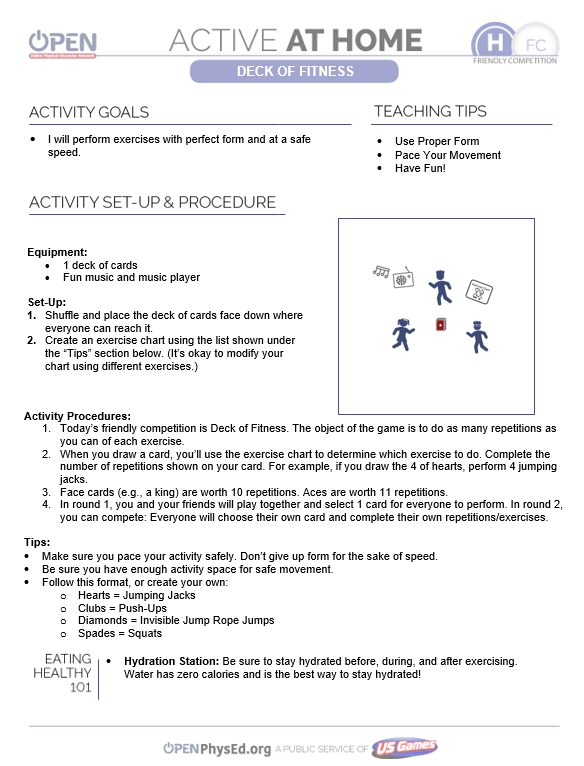
**Be Happy Bean Bag Activity Plan**

There are many items around your home that can be used for this game.



**Deck of Fitness Activity Plan**

For this activity, you will need a deck of cards and some music.



**Online Resources**

[Cosmic Kids Yoga](https://www.youtube.com/user/CosmicKidsYoga)

This link contains child-centered yoga videos that will help your child release some energy while focusing on mindfulness.

[Group HIIT Free Kids Workouts](https://www.grouphiit.com/collections/free-kids-workouts)

Want to release A LOT of energy, increase your heart rate, while having a great time? Click this link for some great family workout videos.

[American Heart Association COVID-19 Resources](https://www.heart.org/en/about-us/coronavirus-covid-19-resources)

This link contains some great ideas for active families as well as some heart healthy recipes using simple ingredients.