

At Home Exercises – 5 to 6 Year Olds

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks
<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists
<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches
<input type="checkbox"/> 10 jump squats	<input type="checkbox"/> 10 jump squats	<input type="checkbox"/> 10 jump squats	<input type="checkbox"/> 10 jump squats	<input type="checkbox"/> 10 jump squats
<input type="checkbox"/> 10 tuck knees	<input type="checkbox"/> 10 tuck knees	<input type="checkbox"/> 10 tuck knees	<input type="checkbox"/> 10 tuck knees	<input type="checkbox"/> 10 tuck knees
<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 10 push ups
<input type="checkbox"/> 10 leg raises	<input type="checkbox"/> 10 leg raises	<input type="checkbox"/> 10 leg raises	<input type="checkbox"/> 10 leg raises	<input type="checkbox"/> 10 leg raises
<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 10 second hold squat position



<input type="checkbox"/> 10 calf raises	<input type="checkbox"/> 10calf raises	<input type="checkbox"/> 10 calf raises	<input type="checkbox"/> 10 calf raises	<input type="checkbox"/> 10 calf raises
<input type="checkbox"/> 10 second plank	<input type="checkbox"/> 10 second plank	<input type="checkbox"/> 10 second plank	<input type="checkbox"/> 10 second plank	<input type="checkbox"/> 10 second plank

And....Complete these chores! Check the boxes off for each day of the week Monday-Friday.

- Clean your room
- Do the dishes
- Vacuum the floor
- Do the laundry
- Get your homework done
- Complete your Elevation Worksheet