B	I	N	G	O
Jog or run around your house outside for at least 4 minutes	Toss a ball (or a ball like object) while crossing the mid-line from right to left hands 20 times. Lead up to Juggling	Jump Rope forward 50 times. (Imaginary Jump ropes count too)	Bear crawl around your living room or kitchen 5 times.	Do 25 jumping jacks. Challenge: Do as many jumping jacks as you can for 1 minute.
Run as fast as you can (sprint) outside in open space 7 times.	Practice foot dribbling outside using the inside of your foot for 10 minutes.	Do 20-25 squats	Practice overhand throwing and catching with a family member.	Practice naming your muscles we learned 1st semester.
Jump rope backwards 50 times (Imaginary jump ropes count too.)	Practice foot dribbling outside using the outside of your foot for 10 minutes.	Play a board game with your family	Do 15-30 calf raises.	Toss and catch a ball to yourself 30 times with your dominant hand.
Do 20-30 sit-ups	Toss and catch a ball to yourself 30 times with your non-dominant hand.	Crab walk in your room for 1 minute. Keep your hips up.	Skip around your house outside one time.	Turn on some music and have a dance party with your family for 20 minutes.
Do 3 yoga poses of your choice. Hold each pose for 20 seconds each.	Do as many push-ups as you can in 15 seconds.	Practice naming your bones we have learned. Point to each bone as you say the name.	Practice dribbling a ball 40 times with each hand.	Do 3 planks and hold each one for 20 seconds.