

## April LCS PE Activities

### Links for the month:

#### Elementary April Activity Calendar:

<https://www.shapeamerica.org/uploads/pdfs/2020/calendar/April-2020-Elementary-Calendar-English.pdf>

#### Secondary April Activity Calendar:

<https://www.shapeamerica.org/uploads/pdfs/2020/calendar/April-2020-Secondary-Calendar-English.pdf>

### Family PE games to play together!

#### Monday: Paper Plate Tabata

<https://www.wevideo.com/view/1614233931>

#### Tuesday: Super Deck Workout

<https://www.shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-Own.pdf>

#### Wednesday: UNO Workout

<https://www.youtube.com/watch?v=WpQELturJfs>

#### Thursday: Make A Fitness Spinner (A Countryman Family Favorite)

<https://www.youtube.com/watch?v=et41W2Z2sqY>

#### Friday: Choose from PE Ben's Great Choices

[https://www.youtube.com/watch?v=MzGYBV\\_XQEc](https://www.youtube.com/watch?v=MzGYBV_XQEc)

#### Mr. Rapant's Exercises:

Sit-ups	High Heels
Push-ups	High Knees
Arm Circles	Body Rotations
Jumping Jacks	Monster Walks
Toe Raises	

**Week 4 UPDATE (4/6):**

Monday: <https://t.co/mkumCm31KX?amp=1>

Tuesday: <https://twitter.com/CoachSnyder/status/1244620981290876928?s=09>

Wednesday: <https://youtu.be/2XuZbDDSJAK>

Thursday: <https://youtu.be/UJeH8gcjuj0>

Friday: <https://youtu.be/BGWKdT60IHc>