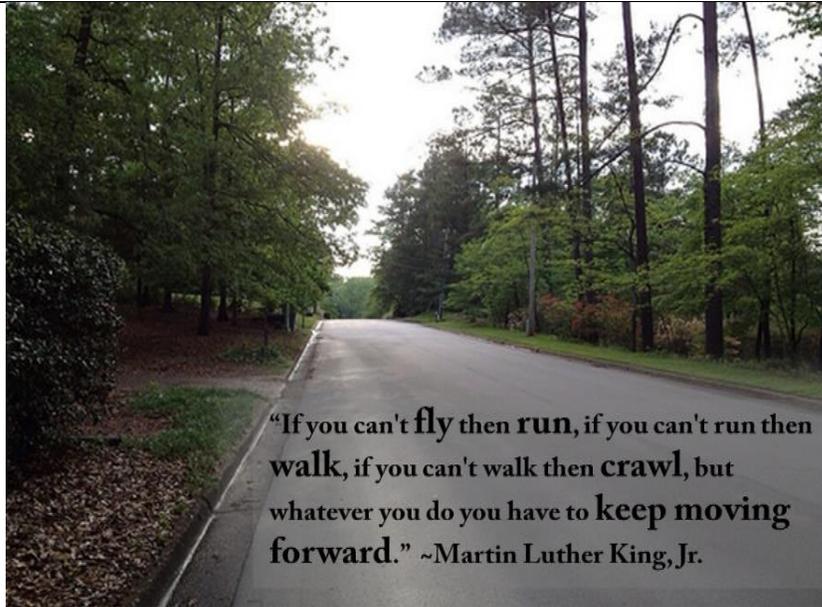


# Hey Croton Cardinals...Let's Get Up and Be Active...from HOME!!!

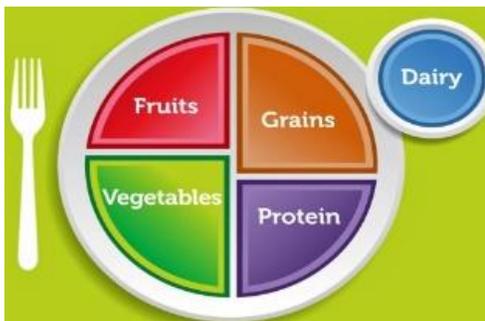


Dear Croton families,

Hello boys and girls! I really miss seeing all of you 😊. Now that you are in the swing of things with your classroom work, I wanted to share some resources with you to help keep you physically active. When you participate in any of the activities, if you can please "MAKE MY DAY" by snapping a picture and email it to me at [Walters.leslie@brevardschools.org](mailto:Walters.leslie@brevardschools.org)

## Nutrition

<https://www.choosemyplate.gov/>



## Fuel Up to Play 60

Sign up for free at

<https://www.fueluptoplay60.com/>

Also, check out a cool game sponsored by the NFL

<http://www.nflrush.com/>



**Try to eat 5 (or more) servings of fruits and vegetables daily**

**(SEL) Social Emotional Learning**

**PK-3<sup>rd</sup> graders**

**GoNoodle channel; Think About It! Be Grateful**

<https://app.gonoodle.com/activities/be-grateful?s=category&t=Build%20Compassion&sid=20>



**4<sup>th</sup>-6<sup>th</sup> graders**

**View "Believe in You" video series...Season 1- Episode 1 video**

**<https://www.varsitybrands.com/believe-in-you-video-series-one>**

***Reflect on your talents and dreams.***

## Family Fun Activity:



# Jump! Into Spring



### What is the goal of the **Jump! into Spring** Fitness Challenge?

This challenge has multiple goals. The first is to improve cardiovascular endurance. Secondly, jump rope will improve dynamic balance and coordination, reflexes, bone density and muscular endurance.

### The 1-minute Speed Rope Challenge

Count how many times you can successfully jump your rope in one minute. Jumps do not need to be consecutive. Calculate your daily total on the jump rope log.

### What if I don't have a jump rope?

No problem at all! Simply perform the challenge by jumping with an *invisible* rope. Pretend to turn the rope as you jump.

### What if I'm unable to jump rope YET?

Try to perform the number of jumps listed on the **JUMP Into Spring Daily Tracker** *with* the rope. For the 1-minute challenge, stretch the rope out on the ground. Count how many times you can jump back and forth over the rope in one minute. Don't worry! With practice, you'll be jumping rope soon.

### Choose a level that's comfortable yet challenging for you:

**Level 1** - Perform the number of jumps listed each day followed by the 1-minute speed rope challenge.

**Level 2** - *Double* the number of jumps listed each day followed by the 1-minute speed rope challenge.

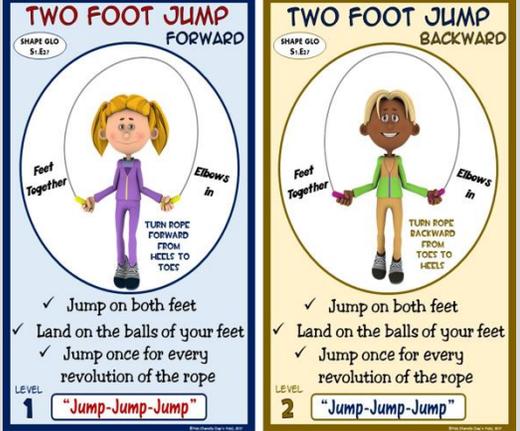
**Level 3** - *Triple* the number of jumps listed each day followed by the 1-minute speed rope challenge.



# Jump! Into Spring

## Daily Tracker

<b>1</b> 25 Jumps + 1-Minute Challenge: _____	<b>2</b> 30 Jumps + 1-Minute Challenge: _____	<b>3</b> 35 Jumps + 1-Minute Challenge: _____	<b>4</b> 40 Jumps + 1-Minute Challenge: _____	<b>5</b> 45 Jumps + 1-Minute Challenge: _____	<b>6</b> <b>REST</b>	<b>7</b> 50 Jumps + 1-Minute Challenge: _____
<b>8</b> 55 Jumps + 1-Minute Challenge: _____	<b>9</b> 60 Jumps + 1-Minute Challenge: _____	<b>10</b> 65 Jumps + 1-Minute Challenge: _____	<b>11</b> 70 Jumps + 1-Minute Challenge: _____	<b>12</b> <b>REST</b>	<b>13</b> 75 Jumps + 1-Minute Challenge: _____	<b>14</b> 80 Jumps + 1-Minute Challenge: _____
<b>15</b> 85 Jumps + 1-Minute Challenge: _____	<b>16</b> 90 Jumps + 1-Minute Challenge: _____	<b>17</b> 95 Jumps + 1-Minute Challenge: _____	<b>18</b> <b>REST</b>	<b>19</b> 100 Jumps + 1-Minute Challenge: _____	<b>20</b> 105 Jumps + 1-Minute Challenge: _____	<b>21</b> 110 Jumps + 1-Minute Challenge: _____
<b>22</b> 115 Jumps + 1-Minute Challenge: _____	<b>23</b> 120 Jumps + 1-Minute Challenge: _____	<b>24</b> <b>REST</b>	<b>25</b> 125 Jumps + 1-Minute Challenge: _____	<b>26</b> 130 Jumps + 1-Minute Challenge: _____	<b>27</b> 135 Jumps + 1-Minute Challenge: _____	<b>28</b> 140 Jumps + 1-Minute Challenge: _____
<b>29</b> 150 Jumps + 1-Minute Challenge: _____	<b>30</b> <b>REST</b>	Feel free to continue jumping after the 1-minute challenge. Can you perform any jump rope tricks?				

<p><b>Health-Related Fitness Components</b> (Do one or more every day)</p>	<p><b>*****Before using the following links*****</b>  <b>Don't forget to sign up at <a href="http://www.gonoodle.com">www.gonoodle.com</a></b>  <b>IT'S TOTALLY FREE!!!</b></p>	
<p><b>Cardio-respiratory strength and endurance</b></p> 	<p><b><u>K-3<sup>rd</sup> graders</u></b>  <b><u>GoNoodle channel: Champverse</u></b>  <a href="https://app.gonoodle.com/activities/you-are-what-you-eat?s=category&amp;t=Workout&amp;sid=42">https://app.gonoodle.com/activities/you-are-what-you-eat?s=category&amp;t=Workout&amp;sid=42</a></p>	
<p><b>Muscular Strength and Endurance</b></p> 	<p><b><u>YouTube:</u></b>  <b><u>Bring Sally Up Squat and Push Up Challenges</u></b></p> <p><a href="https://www.youtube.com/watch?v=OBLvsBf15Ks">https://www.youtube.com/watch?v=OBLvsBf15Ks</a>  <a href="https://www.youtube.com/watch?v=aurfJ4miHT0">https://www.youtube.com/watch?v=aurfJ4miHT0</a></p>	
<p><b>Flexibility</b></p> 	<p><b><u>GoNoodle channel: Empower tools-Get Energized</u></b>  <a href="https://app.gonoodle.com/activities/get-energized?s=category&amp;t=Balance&amp;sid=31">https://app.gonoodle.com/activities/get-energized?s=category&amp;t=Balance&amp;sid=31</a></p>	
<p><b>Skills of the week</b></p>		
<p>♥ <b>Jump and land</b></p>		
 <p>✓ Jump on both feet  ✓ Land on the balls of your feet  ✓ Jump once for every revolution of the rope</p> <p>LEVEL 1 "Jump-Jump-Jump"</p>	<p><b><u>K-3<sup>rd</sup> graders</u></b>  <b><u>Buddy Lee teaches how to jump rope for beginners</u></b>  <a href="https://www.youtube.com/watch?v=T27jwvDlDu4">https://www.youtube.com/watch?v=T27jwvDlDu4</a></p>	
	<p><b><u>4<sup>th</sup>-6<sup>th</sup> graders</u></b>  <b><u>Buddy Lee website describes many ways to jump rope</u></b>  <a href="https://buddyleejumpropes.com/jump-rope-certified/">https://buddyleejumpropes.com/jump-rope-certified/</a>  <b><u>Examples of variations on the basic bounce</u></b>  <a href="https://www.youtube.com/watch?v=WfGNuVilepY">https://www.youtube.com/watch?v=WfGNuVilepY</a>  <b><u>If you have time, draw a picture or take a picture of you jumping rope! Show me when we get back to school!</u></b></p>	
<p><b><u>Here's the link for the Grade-level outcomes for K-5...what should my child be able to do at the end of grade?</u></b> <a href="https://www.shapeamerica.org//standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf">https://www.shapeamerica.org//standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf</a></p>		