

SCOL CHOLACILLE SNS

ACTIVE HOMEWORK

Here are some exercises you can do every day! Tick each one off once you have it done.

If you don't remember some of these exercises, ask an adult to help you look them up on YouTube!

WEEK	ACTIVITY	MON ✓	TUES ✓	WEDS ✓	THURS ✓	FRI ✓	PARENT SIGNATURE
ONE	1) 10 Second Plank						
	2) 20 x Jumping Jacks						
	3) 10 Second Plank						
	4) 10 Lunges Right Leg						
	5) 10 Lunges Left Leg						
	6) 10 Second Plank						
	7) 15 Vertical Jumps						
	8) 10 Second Plank						
	9) Other:						
TWO	1) 15 Second Plank						
	2) 20 x Jumping Jacks						
	3) 15 Second Plank						
	4) 12 Lunges Right Leg						
	5) 12 Lunges Left Leg						
	6) 15 Second Plank						
	7) 20 Vertical Jumps						
	8) 15 Second Plank						
	9) Other:						
THREE	1) 20 Second Plank						
	2) 20 x Jumping Jacks						
	3) 20 Second Plank						
	4) 15 Lunges Right Leg						
	5) 15 Lunges Left Leg						
	6) 20 Second Plank						
	7) 25 Vertical Jumps						
	8) 20 Second Plank						
	9) Other:						
FOUR	1) 15 Second Plank						
	2) 40 x High Knees						
	3) 15 Second Plank						
	4) 8 Split Squats (Right Leg Forward)						
	5) 8 Split Squats (Left Leg Forward)						
	6) 15 Second Plank						
	7) 5 Burpees						
	8) 15 Second Plank						
	9) 15 Second Plank						
	10) Other:						

WEEK	ACTIVITY	MON ✓	TUES ✓	WED ✓	THURS ✓	FRI ✓	PARENT SIGNATURE
FIVE	1) 20 Second Plank						
	2) 40 x High Knees						
	3) 20 Second Plank						
	4) 10 Split Squats (Right Leg Forward)						
	5) 10 Split Squats (Left Leg Forward)						
	6) 20 Second Plank						
	7) 6 Burpees						
	8) 20 Second Plank						
	9) Other:						
SIX	1) 25 Second Plank						
	2) 40 x High Knees						
	3) 25 Second Plank						
	4) 12 Split Squats (Right Leg Forward)						
	5) 12 Split Squats (Left Leg Forward)						
	6) 25 Second Plank						
	7) 7 Burpees						
	8) 25 Second Plank						
	9) Other:						
SEVEN	1) 30 Second Plank						
	2) 40 x High Knees						
	3) 30 Second Plank						
	4) 12 Squats						
	5) 10 Squat Jumps						
	6) 30 Second Plank						
	7) 8 Burpees						
	8) 30 Second Plank						
	9) Other:						
EIGHT	1) 30 Second Plank						
	2) 40 x High Knees						
	3) 20 Second Plank						
	4) 15 Squats						
	5) 12 Squat Jumps						
	6) 30 Second Plank						
	7) 9 Burpees						
	8) 30 Second Plank						
	9) Other:						



