

PCK families, it is highly recommended that children and adolescents do 60 minutes (1 hour) or more of physical activity daily. Please see the links below for some creative ways to get your child MOVING. We are here for further assistance on any exercise or movements! We have also added a nutrition element for this week, try a new healthy smoothie!

*-Aerobic Activities: Most of the 60+ minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Include vigorous-intensity physical activity at least 3 days per week.*

*-Muscle-strengthening Activities: Include muscle-strengthening physical activity on at least 3 days of the week, as part of the 60+ minutes.*

*-Bone-strengthening Activities: Include bone-strengthening physical activity on at least 3 days of the week, as part of the 60+ minutes.*

### **K-8 Physical Activity:**

#### **DJ Marshmello Fitness**

<https://www.youtube.com/watch?v=jUJ9wHWxTh4>

#### **Fortnite Fitness**

<https://www.youtube.com/watch?v=0kvyBApinGU>

#### **Batman Fitness**

<https://www.youtube.com/watch?v=ceOZ3JiUVE4>

#### **Pick your favorite character**

<https://www.youtube.com/watch?v=hsfheb5UwdE>

#### **Roblox Fitness**

<https://www.youtube.com/watch?v=8ZG-Da13NmQ>

#### **Old Town Road Fitness**

<https://www.youtube.com/watch?v=YWgH4HSNnLY>

#### **Avengers HIIT Workout**

<https://www.youtube.com/watch?v=sqZFz44AB78>

#### **Would you rather?**

<https://www.youtube.com/watch?v=G3y5rmgHBgs>

### **K-8 Health- Nutrition:**

Try a new smoothie recipe with your family!

#### **Mango Peach Smoothie**

- 1 ½ cups almond milk
- 1 cup diced peaches, fresh or frozen

- 1 cup chopped mango, fresh or frozen
- ½ teaspoon vanilla extract
- 1 cup ice

### **Blueberry Muffin Green Smoothie**

- 1 cup unsweetened vanilla almond milk (or milk of choice)
- ½ teaspoon vanilla extract
- 1 cup frozen blueberries
- 1 scoop vanilla protein
- 1 large handful baby spinach
- 2 tablespoons almond butter
- 1 tablespoon coconut flakes