

**WEEK 2**

**KNIGHT STRONG**

**4-5<sup>TH</sup> GRADE**

**HEY THERE! HOPE YOU HAD A GOOD FIRST WEEK OF SCHOOL AT HOME. WAS NICE TO HAVE SOME WARM SUNNY DAYS TO GO OUTSIDE AND GET SOME EXERCISE! I SURE ENJOYED A FEW DAYS OUT IN THE SUN!**

**WE ARE GOING TO CHANGE THINGS UP AGAIN SINCE WE WILL NO LONGER BE RETURNING PAPERWORK FROM OUR ASSIGNMENTS I HAVE MADE A WEBSITE FOR YOU TO FIND YOUR ASSIGNMENTS ON. YOU CAN EMAIL OR TEXT ME A PICTURE OF YOUR COMPLETED ASSIGNMENT FOR YOUR GRADE OR IF THAT ISN'T AN OPTION YOU CAN TEXT A YES THAT IT IS COMPLETED FOR YOUR GRADE.**

**MY WEBPAGE IS [mrsrothspe.weebly.com](http://mrsrothspe.weebly.com)**

**You will need to use the top search bar on your home page to get to the site.**

**Text me at 970-595-0244**

## **ASSIGNMENT #1**

**THE FIRST ASSIGNMENT FOR THIS WEEK IS TO GET SOME GOOD EXERCISE FOR OUR KNIGHT STRONG COMPETITION. EACH WEEK YOU WILL BE BUILDING TOWARDS AN ULTIMATE PRIZE.**

**GET PERMISSION FROM YOUR PARENTS TO SEARCH ON YOU TUBE FOR:**

### **Avengers HIIT Fitness Warm Up**

**This is a 7 minute workout video that you can do. Each 40 second exercise has three choices of an exercise to do. You will go through the video from start to finish. I want you to do the video three days this week picking different exercises each time that you do it. Write down which exercises that you did. Before starting the video do 3-4 of the warm up stretches that we did at the beginning of Bootcamp. Send me a copy of your 3 workouts including the stretches that you did.**

## **ACTIVITY #2 CHALLENGE MRS. ROTH**

**PICK 5 OF YOUR FAVORITE EXERCISES FROM THE LIST BELOW. THREE DAYS THIS WEEK KEEP TRACK OF HOW MANY OF EACH EXERCISE YOU CAN DO IN 1 MINUTE. YOU ARE GOING TO CHALLENGE MRS. ROTH TO DO THE SAME NUMBER AS YOU OR YOU CAN PICK ANOTHER NUMBER**

**TO CHALLENGE HER TO DO. TEXT OR EMAIL THE CHALLENGE TO HER AFTER THE THREE DAYS ARE UP.**

**LIST:**

**JUMPING JACKS**

**PUSH UPS**

**SIT UPS**

**SQUATS**

**SINGLE LEG LUNGES**

**TRI CEP DIPS**

**BURPEES**

**BICYCLE CRUNCHES**

**SQUAT JUMPS**

**LINE HOPS**

**MOUNTAIN CLIMBERS**

**BONUS QUEST:**

**TIMED WALL SIT**

**TIMED PLANK**

**ACTIVITY #3: MANNERS BINGO (PAGE 2)**

**ACTIVITY #4: SPRING WORD SEARCH**

**HAVE FUN! HOPEFULLY THE WEATHER WILL COOPERATE AND YOU CAN ENJOY SOME OUTSIDE ACTIVITY!**