

## KNIGHT STRONG WEEK 2

K-1

HELLO GUYS! HOPE YOU ARE ALL DOING WELL . HOPE YOU WERE ABLE TO GO OUTSIDE THIS LAST WEEK AND ENJOY SOME OF THE SUNNY WEATHER THAT WE HAD! I SURE DID, IT WAS SO NICE TO SEE THE SUNSHINE!

STARTING WEEK TWO WE ARE GOING TO BE DOING THINGS A LITTLE DIFFERENT FOR A WHILE. I HAVE SET UP A WEB PAGE THAT WILL HAVE DIFFERENT ACTIVITIES FOR EVERYONE TO DO. WE WILL NOT BE TURNING PAPER WORK BACK TO ME SO YOU CAN JUST EMAIL OR TEXT ME A PICTURE OF YOUR ASSIGNMENT OR IF YOU CAN'T TAKE A PICTURE A SIMPLE YES I DID THE ASSIGNMENT WILL DO.

WEB SITE: [mrsrothspe.weebly.com](http://mrsrothspe.weebly.com) ( you will have to type it into the top bar on your home page search bar.

THIS WEEK YOU WILL HAVE A COUPLE OF KNIGHT STRONG ACTIVITIES TO DO:

### ACTIVITY #1:



PERFORM THE EXERCISES BELOW AND THEN DRAW THEM USING STICK FIGURES LIKE ABOVE FOR EACH EXERCISE THAT YOU DID.

1. JUMPING JACKS - 20
2. JOG AROUND THE ROOM ( YARD) FOR 2 MINUTES
3. BEAR CRAWL FOR 10 STEPS
4. SIT UPS - 10
5. PUSH UPS - 10

FROG HOPS - 10

6. ONE LEG HOPS - 10 EACH LEG
7. BARRELL ROLL WHILE COUNTING TO 10
8. TOE TOUCHES - 12

YOU CAN DO THESE SAME EXERCISES A COUPLE OF DAYS DURING THE WEEK BUT DON'T HAVE TO DRAW THEM EACH TIME.

#### ACTIVITY #2:

#### RIVER JUMP

FIND TWO STICKS OR TWO FLAT OBJECTS THAT YOU CAN JUMP OVER WITH OUT THEM TRIPPING YOU. PUT THE TWO STICKS ABOUT A FOOT APART FROM EACH OTHER SO THEY LOOK LIKE A RIVER. YOU HAVE TO JUMP FROM ONE SIDE TO THE OTHER SIDE WITHOUT LANDING IN THE MIDDLE OF THE TWO STICKS OR TOUCHING THE STICKS. ONCE YOU HAVE JUMPED THE RIVER MOVE ONE STICK A LITTLE FURTHER AWAY FROM THE OTHER TO MAKE YOUR RIVER WIDER. JUMP ACROSS THE RIVER AGAIN TRYING NOT TO TOUCH THE STICKS OR LAND IN THE MIDDLE ( RIVER). KEEP GOING UNTIL YOU CAN'T MAKE IT ACROSS THE RIVER. KEEP TRACK OF HOW MANY TIMES YOU JUMPED BEFORE THE RIVER WAS TOO WIDE TO JUMP OVER. ONCE YOU HAVE DONE THAT START JUMPING THE RIVER AGAIN BUT EACH TIME MAKE THE RIVER SMALLER UNTIL IT IS THE SAME SIZE IT WAS WHEN YOU BEGAN THE EXERCISE. TRY TO DO TWO FOOT JUMP AND LAND. YOU CAN GET A SMALL RUN AT IT WHEN YOUR RIVER STARTS TO GET WIDER.

FIND YOUR FAVORITE TWO SONGS AND DANCE TO THEM! LET ME KNOW WHAT YOUR TWO SONGS ARE.

TWO OF MRS. ROTH'S FAVORITES:

Turn Up the Radio by the group Autograph

Footloose by Kenny Loggins