

- 2nd grade Movement calendar for the week of April 29 -May 6th -

Greetings from mr. Gregory

For instructions, tips, and additional content go to the McDonald movement website at:

<http://mcdonaldmovement.weebly.com/>

There you can view current and past lessons as well as video tutorials.

Wednesday April 29th

Rest and recovery day / practice deep breathing

Thursday April 30th

Four walls - Face each wall in a room and do a different exercise for 30 seconds.

Side shuffle, grapevine left then right, wide stance punches, vertical jumps

Friday May 1st

Inch worms - Keeping your legs straight place your hands on the ground, walk them into push up position, and walk your legs up.

Monday May 4th

Tea cup tip ups - Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.

Tuesday May 5th

Mindful senses - What do you notice around you? Find: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste.

Wednesday May 6th

Rest and recovery day / practice deep breathing

Remember to move everyday, and always try moving in new and creative ways!

Track your progress by marking the chart below - Go Ducks!

Wed 4-29	Thurs 4-30	Fri 5-1	Mon 5-3	Tues 5-4	Wed 5-5
Rest Breathe deep	Four walls	Inch worms	Tea cup Tip ups	Mindful senses	Rest Breathe deep

