Hey folks,

Let’s get a little warm up in before continuing with the Hip Hop Dance Unit (Activity 2) and trying some homemade bowling (Activity 3).

**Activity 1: Warm Up routine**.

Exercise A: While lying down on the floor on your back with you knees bent in a hooked lying position, touch your Elbow (fingers are laced together behind your head) to your opposite knee. Switch to the opposite side. Do this 15 times per side.

Exercise B: Do lunges across the room, reaching forward with one foot and bending the back leg and dipping down with the hips until the bent knee barely touches the ground. Switch sides and repeat. Once you reach the other end of the room, turn around and lunge back to the start.

Exercise C: Lying flat along the ground on your stomach with your fingers laced behind your head, do as many trunk lifts as you can, holding for a one or two second count for each one.

**Activity 2: Hip Hop Dance Continued.**

Go to the link posted Monday on my teacher page to access the Hip Hop Dance Unit and proceed with the day 3 instructions or from where your left off.

**See**

**Down**

**Below…**

**Activity 3: At Home Bowling!**

**Hope you got moving! Consider encouraging the entire family to get out for a “family walk or snowshoe excursion”? -Mr. Mackinnon**