
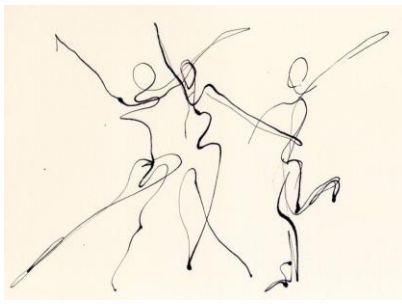






ESOL Choice Board for Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Did you know that most students your age should be getting 60 minutes of physical activity each day? This may sound like a lot, but it is very doable! This week is all about movement.</p> <p>Today, can you do this Walk and Jog routine when you get home from school?</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>3 minute walk-3 minute jog</p> <p>3 minute walk- 5 minute jog</p> <p>3 minute walk-7 minute jog</p> </div> <p>Still got energy? Do it again!</p> 	<p>Dancing is a fun way to build up your activity minutes each day.</p> <p>Take a minute to talk to an adult in your household about dance in your home culture. Is there a style of dance that is popular? Can they show it to you?</p> <p>Spend some time practicing with them!</p> <p>Another way to spend some time dancing is through the popular video game "Just Dance." Their YouTube channel features some videos that you can follow.</p> <p>Click here to access the "Just Dance" YouTube Channel</p> 	<p>Many workout programs use complicated equipment that can be hard to get. However, there are many exercises that use no equipment at all. Try to do this routine twice:</p> <p>3 minutes: push ups</p>  <p>3 minutes: sit ups</p> <p>SIT-UP</p>  <p>3 minutes: plank</p>  <p>2 minutes: rest</p>	<p>Pick a workout on Darebee and complete it after school!</p> <p>Click here to access the full list of routines</p> 	<p>End your week with Yoga with Adrienne. Choose one of her videos for a calming cool down when you get home from school.</p> <p>Click here to access the Yoga for Beginners playlist</p> 