

# AUGUST 2020 KIDS DAILY MOVEMENT PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

WEEK 1  
8/3-8/9  
*Squat*

3 rounds  
5 star jumps  
10 squats  
15 line jumps

Wall Sits  
:30 sec  
:45 sec  
1 min  
Max effort

Tabata  
-Wide leg  
squat  
-Narrow leg  
squat

Pillow Jump  
Overs  
-2 feet  
-1 foot  
-sideways  
-wide feet

5 rounds  
5 spin jumps  
5 cartwheels  
5 frog jumps  
5 ball throws  
5 karate kicks

Family walk  
on bike path  
for 30  
minutes

WEEK 2  
8/10-8/16  
*Throwing*

3 rounds  
5 overhead  
throws  
10 kicks and  
retrieve  
15 lunges

High Throws  
Max effort throw  
and catch  
-baseball  
-basketball  
-football  
-marble

Tabata  
-Spin and  
throw  
-Basketball  
shots

Partner Toss  
-underhand  
-backwards  
-overhead  
-baseball

5 rounds  
5 target throws  
5 burpees  
5 squats  
5 height throws  
5 line jumps

Family trick  
shot challenge  
(basketball,  
soccer, tennis,  
etc)

WEEK 3  
8/17-8/23  
*Running*

:10 sec sprint  
:20 sec sprint  
:30 sec sprint  
Repeat up to  
1 min

Follow the  
leader at the  
park/woods.  
Switch leaders  
every minute.

Tabata  
-High Knees  
-Shuttle Runs

Run around house  
1x  
Rest 1 min  
Run around house  
2x  
Rest 2 min.  
Repeat up to 5x

Relays  
-run  
-bear crawl  
-side shuffle  
-holding ball  
-kicking ball

Family game  
of  
kickball/home  
run derby

WEEK 4  
8/24-8/30  
*Jumping*

3 rounds  
5 one leg jump  
overs  
10 cartwheels  
15 squats

Jump Rope  
:10 sec  
:20 sec  
:30 sec  
Max in 1 minute

Tabata  
-Squat Jumps  
-Jump overs

Shuttle Runs  
50% effort  
60% effort  
70% effort  
80% effort  
90-100% effort

Relays  
-frog hops  
-bunny hops  
-kangaroo  
hops  
-1 legged  
-2 legged

Family hike