


	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Warm Up</b></p> <p><b>Daily Activity</b></p>	<p>Students still in Spring Break</p>	<p>Dynamic Stretches</p> <p><u>Deep Stretches</u></p>	<p><b>Dynamic Stretches</b></p> <p><u>UNO Workout</u></p>	<p><b>Dynamic Stretches</b></p> <p><u>HIIT Workout</u></p>	<p><b>Fun FriYay</b></p> <p>Any activity you enjoy (practice social distancing)</p>
<p><b>Warm Up</b></p> <p><b>Daily Activity</b></p>	<p><b>Dynamic Stretches</b></p> <p><u>Fitness BINGO</u></p>	<p><b>Dynamic Stretches</b></p> <p><u>Fit-Tac-Toe with sibling or parent</u></p>	<p>Dynamic Stretches</p> <p><u>Water bottle flip workout</u></p>	<p><b>Dynamic Stretches</b></p> <p><u>Just dance</u></p>	<p><b>Family Fun Cardio</b></p> 
<p><b>Daily Activity</b></p>	<p><b>Superhero Fitness Battle</b></p> 	<p><u>Would you Rather #3</u></p> <p><b>?</b></p>	<p>Kids HIIT workout</p> 	<p><u>Would you Rather # 1 Fitness challenge</u></p>	<p><b>Fun FriYay</b></p> <p>Any activity you enjoy (practice social distancing)</p>
<p><b>Additional resources:</b></p> <p><a href="mailto:msalda01@sisd.net">msalda01@sisd.net</a></p> <p><a href="mailto:dpalaco1@sisd.net">dpalaco1@sisd.net</a></p> <p><a href="mailto:lharde@sisd.net">lharde@sisd.net</a></p>	<p><u>Shuffle the Deck</u></p>	<p><u>Sport Stacking</u></p>	<p>Dynamic Stretches</p> <p><u>Coin Flip P.E.</u></p>	<p><u>Plank Challenge Family Mode</u></p>	<p><u>Race to 100</u></p>

To access our Digital Playground, Click Control and the link to go to our daily Lesson. Enjoy & See you Soon!

# Digital P.E. 6- 8



**#TeamSISD**

Socorro Independent School District  
Leading • Inspiring • Innovating

The right choice for  
**ENDLESS OPPORTUNITIES.**

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