



LAUSD APE Secondary Continuity of Learning Resource Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>13 APRIL</b> Theme – Physical Fitness</p> <p><u>Activity:</u> Activities to Strengthen</p> <p>A great way to stay fit is to perform exercises to strengthen our muscles! Click on the link below to access the video.</p> <p><a href="#">Fitness at Home Exercises</a></p>	<p><b>14 APRIL</b> Theme – Physical Fitness</p> <p><u>Activity:</u> Fitness Circuit</p> <p>This worksheet contains a fitness circuit will that focus on mobility and coordination. Complete at your own pace...remember to stay hydrated!</p> <p><a href="#">Fitness Circuit</a></p>	<p><b>15 APRIL</b> Theme – Physical Fitness</p> <p><u>Activity:</u> Low Impact Cardio Workout</p> <p>No equipment needed! Let’s get our heart pumping by moving for 15 minutes. Click on the link below to access the video.</p> <p><a href="#">15 Minute Cardio</a></p>	<p><b>16 APRIL</b> Theme – Physical Fitness</p> <p><u>Activity:</u> Cardio and Balance</p> <p>This worksheet will get you moving with some cardio exercises that also works on your balance skills! Perform at your own pace.</p> <p><a href="#">Cardio and Balance</a></p>	<p><b>17 APRIL</b> Theme – Physical Fitness</p> <p><u>Activity:</u> Bodyweight Workout</p> <p>No weights? No problem...all you need is a chair! Remember to stay hydrated and pause for breaks!</p> <p><a href="#">20 Minute Bodyweight</a></p>
<p><b>20 APRIL</b> Theme- Stretching &amp; Strengthening</p> <p><u>Activity:</u> Yoga to Keep You Calm</p> <p>This 30-minute video will introduce you to Yoga. Learn some poses that will help calm you and strengthen your muscles.</p> <p><a href="#">Introduction to Teen Yoga</a></p>	<p><b>21 APRIL</b> Theme- Stretching &amp; Strengthening</p> <p><u>Activity:</u> Standing Yoga</p> <p>Click on the worksheet below to perform some Yoga poses at your leisure!</p> <p><a href="#">Standing Yoga</a></p>	<p><b>22 APRIL</b> Theme- Stretching &amp; Strengthening</p> <p><u>Activity:</u> Yoga for Teens</p> <p>A 20-minute video yoga sequence for health and well-being, performed by teens, for teens.</p> <p><a href="#">Yoga for Youth</a> <a href="#">Yoga for Youth in Spanish</a></p>	<p><b>23 APRIL</b> Theme- Stretching &amp; Strengthening</p> <p><u>Activity:</u> Spring Yoga</p> <p>Click on the link below to access the self-pace worksheet. Work on strengthening your muscles by performing poses inspired by objects and animals.</p> <p><a href="#">Spring Yoga</a></p>	<p><b>24 APRIL</b> Theme- Stretching &amp; Strengthening</p> <p><u>Activity:</u> Flexibility</p> <p>Stretching is a key part to overall body wellness and performed to help prevent injury. Click on the link below to access the video.</p> <p><a href="#">Flexibility for Teens</a></p>
<p><b>27 APRIL</b> Theme- When in Doubt, DANCE it out!</p> <p><u>Activity:</u> Cha Cha Slide</p> <p>Did you know line dances come in different forms? Click on the link below to get your heart rate up and work on directionality. The Cha Cha Slide is a fun dance that you can perform at various social gatherings.</p> <p><a href="#">Cha Cha Slide</a></p>	<p><b>28 APRIL</b> Theme- When in Doubt, DANCE it out!</p> <p><u>Activity:</u> Cupid Shuffle</p> <p>This link below takes you to a worksheet to access 2 videos. Practice moving side-to-side, kicking and quarter turns. Another social line dance to perform at gatherings.</p> <p><a href="#">Cupid Shuffle</a></p>	<p><b>29 APRIL</b> Theme- When in Doubt, DANCE it out!</p> <p><u>Activity:</u> Wobble Dance</p> <p>Have you heard of the Wobble Dance? It is a new dance sensation. Check it out at the link below to access the video to work on maintaining your balance.</p> <p><a href="#">Wobble Dance</a></p>	<p><b>30 APRIL</b> Theme- When in Doubt, DANCE it out!</p> <p><u>Activity:</u> Macarena</p> <p>Another fun line dance! Follow along to this popular song from the 90’s. This worksheet has instructions on how to perform 2 dances to get your heart rate up!</p> <p><a href="#">Macarena</a></p>	<p><b>1 MAY</b> Theme- When in Doubt, DANCE it out!</p> <p><u>Activity:</u> Zumba Fitness</p> <p>Did you know that combining dancing and physical fitness could be so fun? Click on the link below to dance and perform exercises to strengthen your body.</p> <p><a href="#">Summer Zumba</a></p>

\*\*We strongly recommend that an adult supervises and/or participates in each of the activities with their student\*\*