

RISING NEW YORK ROAD RUNNERS

ACTIVE AT HOME SUMMER CAMP CHOICE BOARD

Each NYRR Activity Session = 30 minutes of physical activity.

Each session includes a warm-up, cool-down and about 15 minutes of fun physical activity.

The goal is to complete 2 sessions each day (morning *and* afternoon).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Warm-Up: If, Then...	AM Warm-Up: Foot Fire	AM Warm-Up: Animal Motion	AM Warm-Up: Red Light, Green Light	AM Warm-Up: Foot Fire
AM Activity: Music Mania	AM Activity: Laptastic	AM Activity: Buzzy Bees	AM Activity: Collecting Colors	AM Activity: Buzzy Bees
AM Cool-Down: Mirrors	AM Cool-Down: Yoga Stretches	AM Cool-Down: Animal Stretching	AM Cool-Down: Simon/e Says	AM Cool-Down: Mirrors
PM Warm-Up: Get Moving Circuit	PM Warm-Up: RPS Body Language	PM Warm-Up: Animal Acting	PM Warm-Up: Red Star Fish, Blue Fish	PM Warm-Up: RPS Body Language
PM Activity: Move to the Beat	PM Activity: Laptastic & Moving Mountains	PM Activity: Animal Run	PM Activity: Rainbow Scatter	PM Activity: 1-2-3-4 Run the Park
PM Cool-Down: Full Body Cool Down	PM Cool-Down: Yoga Stretches	PM Cool-Down: Full Body Cool Down	PM Cool-Down: Head and Shoulders	PM Cool-Down: Body Geometry

OPEN[®] at HOME

