GRACE PLACE®
For Children & Families

Home-Learning Activity

WEEK OF: March 30 - April 3
Activity #4

THIS ACTIVITY IS FOR GRADE/S: Middle School
6 - 8

Title of Activity:

Health/Fitness

Learning Outcome:

Quick cardio workout to challenge your brain and your body.

Description of Activity:

Workout activity.

Watch the video listed below in the activity resources and follow along as Madison Keys leads the workout.

After the video, open the link "5 Things to Know About Madison Keys, and read all five facts. After reading the facts, write down 5 cool facts about YOURSELF and share with your family or friends.

Activity Resources:

VIDEO--Jump, Squat, Turnaround

https://family.gonoodle.com/activities/madison-keys-jump-squat-turn-around

VIDEO--5 Things to Know About Madison-Keys

https://www.playyourcourt.com/news/5-things-you-may-not-know-about-madison-keys/