

# GoFITNESS Camp

July 13 - 17

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<ul style="list-style-type: none"> <li>• Cardiovascular</li> <li>• Flexibility</li> <li>• Go Activity: Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic Dance</li> <li>• Rhythm</li> <li>• Go Activity: Cooperative Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Locomotor</li> <li>• Fast Game</li> <li>• Go Activity: Soccer</li> </ul>	<ul style="list-style-type: none"> <li>• Step Station</li> <li>• Combination Fitness</li> <li>• Go Activity: Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Muscular Strength &amp; Endurance</li> <li>• Fitness Challenge</li> <li>• Go Activity: Formations</li> </ul>

<u>Items Needed</u>	<u>Items Needed</u>	<u>Items Needed</u>	<u>Items Needed</u>	<u>Items Needed</u>
<ul style="list-style-type: none"> <li>- Ball (soccer, basketball, volleyball)</li> <li>- Basketball</li> </ul>	<ul style="list-style-type: none"> <li>- Music</li> </ul>	<ul style="list-style-type: none"> <li>- Jump ropes</li> <li>- Pool noodles</li> <li>- Cones</li> <li>- Music</li> <li>- Soccer Ball</li> </ul>	<ul style="list-style-type: none"> <li>- Music</li> <li>- Dice</li> </ul>	<ul style="list-style-type: none"> <li>- Tennis ball, soccer ball, etc</li> <li>- Jump rope</li> <li>- Basketball</li> </ul>

