

November 2005 (Upper)- Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #1		¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	² Write down 20 activities you can do to improve your health.	³ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁴ Jump rope or pretend jump rope for 5-10 minutes.	⁵ Go on a short hike or a walk around the block 2-5 times w/ a parent.
⁶ Go on a short hike or a walk around the block w/ a parent.	⁷ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁸ Jump rope or pretend jump rope for 5-10 minutes.	⁹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁰ Practice throwing and catching. Use a ball or rolled up socks.	¹¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹² Teach your family an activity you learned in PE.
¹³ Practice jumping in the air & click your heels together. Try to do for 1 minute.	¹⁴ Use a balloon & try to bump it 30 times using your forearms.	¹⁵ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁶ Tap a balloon to yourself or partner for 2-5 minutes.	¹⁷ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁸ Jump rope or pretend jump rope for 5-10 minutes.	¹⁹ While watching TV, sit on the floor and pretend like you are rowing a boat.
²⁰ Inflate a balloon & play a volleyball .	²¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²² Jump rope or pretend jump rope for 5-10 minutes.	²³ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁴ Find 6 paper cups & see how quickly you can upstack & downstack them in a pyramid pattern.	²⁵ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁶ Practice throwing and catching. Use a ball or rolled up socks.
²⁷ Put a soup can in each hand & move them up, down, out, in as you walk around the room or house	²⁸ Jump rope or pretend jump rope for 5-10 minutes.	²⁹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	³⁰ Practice different balances and exercises when a commercial comes on TV.	** Prevent couch potatoes while they're still small fries **		

In an effort to “Develop Active Minds and Active Bodies for Life”, we’re asking that students and their families commit to exercising on a regular basis.

That means exercising 4-7 times per week for at least 20-30 minutes.”

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____ **Parent/Guardian Signature:** _____

November 2005 - Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #2		¹ Activity/ Sport: _____	² Activity/ Sport: _____	³ Activity/ Sport: _____	⁴ Activity/ Sport: _____	⁵ Activity/ Sport: _____
⁶ Activity/ Sport: _____	⁷ Activity/ Sport: _____	⁸ Activity/ Sport: _____	⁹ Activity/ Sport: _____	¹⁰ Activity/ Sport: _____	¹¹ Activity/ Sport: _____	¹² Activity/ Sport: _____
¹³ Activity/ Sport: _____	¹⁴ Activity/ Sport: _____	¹⁵ Activity/ Sport: _____	¹⁶ Activity/ Sport: _____	¹⁷ Activity/ Sport: _____	¹⁸ Activity/ Sport: _____	¹⁹ Activity/ Sport: _____
²⁰ Activity/ Sport: _____	²¹ Activity/ Sport: _____	²² Activity/ Sport: _____	²³ Activity/ Sport: _____	²⁴ Activity/ Sport: _____	²⁵ Activity/ Sport: _____	²⁶ Activity/ Sport: _____
²⁷ Activity/ Sport: _____	²⁸ Activity/ Sport: _____	²⁹ Activity/ Sport: _____	³⁰ Activity/ Sport: _____	** Prevent couch potatoes while they're still small fries **		

In an effort to “Develop Active Minds and Active Bodies for Life”, we’re asking that students and their families commit to exercising on a regular basis.

That means exercising 4-7 times per week for at least 20-30 minutes.”

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____ Parent/Guardian Signature: _____

November 2005(Primary) - Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #1		¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	² Jump rope or pretend jump rope for 5-10 minutes.	³ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁴ Practice different balances and exercises when a commercial comes on TV.	⁵ Go on a short hike or a walk around the block w/ a parent.
⁶ Go on a short hike or a walk around the block 2-5 times w/ a parent.	⁷ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁸ Jump rope or pretend jump rope for 5-10 minutes.	⁹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁰ Practice throwing and catching. Use a ball or rolled up socks.	¹¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹² Play Balloon Keep It Up with a partner or parent.
¹³ Practice different balances and exercises when a commercial	¹⁴ Tap a balloon to yourself or partner for 2-5 minutes.	¹⁵ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁶ Do shadow boxing for 3-5 minutes, then 3 different stretches.	¹⁷ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁸ Jump rope or pretend jump rope for 5-10 minutes.	¹⁹ Skip, jog, or gallop around your block 2-5 times w/ a parent.
²⁰ Take a 30 minute walk with your family.	²¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²² Jump rope or pretend jump rope for 5-10 minutes.	²³ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁴ While watching TV, practice 30 airplane push-ups.	²⁵ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁶ Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.)
²⁷ Who in your family can do the most jumping jacks in 60 seconds (1 minute)?	²⁸ Jump rope or pretend jump rope for 5-10 minutes.	²⁹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	³⁰ Practice throwing and catching. Use a ball or rolled up socks.	** Prevent couch potatoes while they're still small fries **		

In an effort to “Develop Active Minds and Active Bodies for Life”, we’re asking that students and their families commit to exercising on a regular basis.

That means exercising 4-7 times per week for at least 20-30 minutes.”

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____ Parent/Guardian Signature: _____

November 2005 - Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #2		¹ Activity/ Sport: _____	² Activity/ Sport: _____	³ Activity/ Sport: _____	⁴ Activity/ Sport: _____	⁵ Activity/ Sport: _____
⁶ Activity/ Sport: _____	⁷ Activity/ Sport: _____	⁸ Activity/ Sport: _____	⁹ Activity/ Sport: _____	¹⁰ Activity/ Sport: _____	¹¹ Activity/ Sport: _____	¹² Activity/ Sport: _____
¹³ Activity/ Sport: _____	¹⁴ Activity/ Sport: _____	¹⁵ Activity/ Sport: _____	¹⁶ Activity/ Sport: _____	¹⁷ Activity/ Sport: _____	¹⁸ Activity/ Sport: _____	¹⁹ Activity/ Sport: _____
²⁰ Activity/ Sport: _____	²¹ Activity/ Sport: _____	²² Activity/ Sport: _____	²³ Activity/ Sport: _____	²⁴ Activity/ Sport: _____	²⁵ Activity/ Sport: _____	²⁶ Activity/ Sport: _____
²⁷ Activity/ Sport: _____	²⁸ Activity/ Sport: _____	²⁹ Activity/ Sport: _____	³⁰ Activity/ Sport: _____	** Prevent couch potatoes while they're still small fries **		

In an effort to “Develop Active Minds and Active Bodies for Life”, we’re asking that students and their families commit to exercising on a regular basis.

That means exercising 4-7 times per week for at least 20-30 minutes.”

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____ Parent/Guardian Signature: _____