

**CHOICE #1**

# May 2006 - Wellness Challenge

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Certificates will be awarded for this month's participation.</i>		2 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	3 Jump rope or pretend jump rope for 5 minutes	4 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	5 Roll up 2 -3 socks and practice juggling. Or use plastic bags.	6 Go on a short hike with a parent .
7 Practice throwing and catching. Use a ball or rolled up socks.	8 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	9 Jump rope or pretend jump rope for 5 minutes	10 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	11 Tap a balloon to yourself or partner for 2 minutes.	12 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	13 Skip, jog or gallop around your block 5 times (with parents permission)
14 Go on a short hike with a parent .	15 Practice different balances and exercises when a commercial comes on TV.	16 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	17 Jump rope or pretend jump rope for 5 minutes	18 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	19 Hold a bath towel behind you and stretch it for 10 seconds. Do 3 sets.	20 Play Balloon Volleyball or Keep It Up with a partner or parent.
21 Skip, jog or gallop around your block 5 times (with parents permission)	22 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	23 Do shadow boxing for 3 minutes, then 3 stretches.	24 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	25 Jump rope or pretend jump rope for 5 minutes	26 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	27 Practice throwing and catching. Use a ball or rolled up socks.
28 While watching TV, practice pisk-tps, attempting to clap your hands on the pisk-tp.	29 Jump rope or pretend jump rope for 5 minutes	30 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	31 Jump rope or pretend jump rope for 5 minutes	<b>May is Physical Fitness and Sport Month</b> <i>"Healthy, physically active kids learn better!"</i>		

**In Celebration of this month, we would like everyone to take a physical fitness pledge for this month, as well as, for life. "I hereby pledge to stay or become physically active for the month of May to start. That means exercising 3-4 times per week for at least 20 minutes."**

**I certify that my son/daughter, \_\_\_\_\_, completed the Wellness Challenge.**

**Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_**

**CHOICE #2**

# May 2006 - Wellness Challenge

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificates will be awarded for this month's participation.	1	2	3	4	5	6
		Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
7	8	9	10	11	12	13
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
14	15	16	17	18	19	20
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
21	22	23	24	25	26	27
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
28	29	30	31	May is Physical Fitness and Sport Month "Healthy, physically active kids learn better!"		
Activity: _____	Activity: _____	Activity: _____	Activity: _____			

In Celebration of this month, we would like everyone to take a physical fitness pledge for this month, as well as, for life. "I hereby pledge to stay or become physically active for the month of May to start. That means exercising 3-4 times per week for at least 20 minutes."

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

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_