

# December 2007 - Wellness Challenge (Homework:3rd-5th)

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CHOICE #1</b>						
<b>** Children need models more than they need critics. **</b>						
2	3	4 Jump rope or pretend jump rope for 5-10 minutes.	5 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	6 Tap a balloon to yourself or partner for 2-5 minutes.	7 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	8 Who in your family can do the most jumping jacks in 60 seconds?
9 Go on a short hike or a walk around the block 2-5 times w/ a	10 Jump rope or pretend jump rope for 5-10 minutes.	11 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	12 Practice different balances and exercises when a commercial comes on TV.	13 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	14 Write down 20 activities you can do to improve your health.	15 Teach your family an activity you learned in PE.
16 Find 6 paper cups & see how quickly you can upstack & downstack them in a pyramid pattern.	17 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	18 Jump rope or pretend jump rope for 5-10 minutes.	19 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	20 Practice throwing and catching. Use a ball or rolled up socks.	21 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	22 Go on a short hike or a walk around the block 2-5 times w/ a
23 Show your family 5 different locomotor skills. Do each for 30 seconds/counts.	24 Use a balloon & try to bump it 30 times using your forearms.	25 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	26 Jump rope or pretend jump rope for 5-10 minutes.	27 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	28 Practice throwing and catching. Use a ball or rolled up socks.	29 Put a soup can in each hand & move them up, down, out, in as you walk around the room.
30 Practice jumping in the air & click your heels together. Try to do for 1 minute.	31 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	January 1 Inflate a balloon & play a volleyball game over a rope.	2 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	3 Jump rope or pretend jump rope for 5-10 minutes.	4 Practice different balances and exercises when a commercial comes on TV.	5 While watching TV, sit on the floor and pretend like you are rowing a boat.

**In an effort to “Get Active! Stay Active!”,**

**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:** \_\_\_\_\_



# December 2007 - Wellness Challenge (Homework:3rd -5th)

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h2>CHOICE #2</h2> <p><b>** Children need models more than they need critics. **</b></p>						
<sup>2</sup> Activity/ Sport: _____	<sup>3</sup> Activity/ Sport: _____	<sup>4</sup> Activity/ Sport: _____	<sup>5</sup> Activity/ Sport: _____	<sup>6</sup> Activity/ Sport: _____	<sup>7</sup> Activity/ Sport: _____	<sup>1</sup>
<sup>9</sup> Activity/ Sport: _____	<sup>10</sup> Activity/ Sport: _____	<sup>11</sup> Activity/ Sport: _____	<sup>12</sup> Activity/ Sport: _____	<sup>13</sup> Activity/ Sport: _____	<sup>14</sup> Activity/ Sport: _____	<sup>15</sup> Activity/ Sport: _____
<sup>16</sup> Activity/ Sport: _____	<sup>17</sup> Activity/ Sport: _____	<sup>18</sup> Activity/ Sport: _____	<sup>19</sup> Activity/ Sport: _____	<sup>20</sup> Activity/ Sport: _____	<sup>21</sup> Activity/ Sport: _____	<sup>22</sup> Activity/ Sport: _____
<sup>23</sup> Activity/ Sport: _____	<sup>24</sup> Activity/ Sport: _____	<sup>25</sup> Activity/ Sport: _____	<sup>26</sup> Activity/ Sport: _____	<sup>27</sup> Activity/ Sport: _____	<sup>28</sup> Activity/ Sport: _____	<sup>29</sup> Activity/ Sport: _____
<sup>30</sup> Activity/ Sport: _____	<sup>31</sup> Activity/ Sport: _____	<sup>January 1</sup> Activity/ Sport: _____	<sup>2</sup> Activity/ Sport: _____	<sup>3</sup> Activity/ Sport: _____	<sup>4</sup> Activity/ Sport: _____	<sup>5</sup> Activity/ Sport: _____

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Student Signature: \_\_\_\_\_

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