

CHOICE #1

May 2007 Wellness Calendar

Name: _____

Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Certificates will be awarded for this month's participation.</i>		1 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	2	3 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	4 Roll up 2-3 socks and practice juggling.	5
6 Practice throwing and catching. Use a ball or rolled up socks.	7 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	8	9 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	10 Tap a balloon to yourself or a partner for 2 minutes.	11 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	12
13	14 Practice different balances and exercises when a commercial comes on TV.	15 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	16	17 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	18	19 Play Balloon Volleyball or Keep It Up with a partner or parent.
20 Power walking today - decide on a course and try walking a mile at a brisk pace	21 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	22	23 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	24	25 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	26 Practice throwing and catching. Use a ball or rolled up socks.
27	28	29 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	30	31 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	May is Physical Fitness and Sport Month <i>"Active in America!"</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

**Locomotor Checklist
May 2007 - Wellness Challenge**

Primary

[Put a check by each day you complete an activity]

<u>DAY</u>	<u>Walk</u>	<u>SKIP</u>	<u>HOP 4 - change</u>	<u>JUMP</u>	<u>GALLOP</u>	<u>LEAP</u>	<u>SLIDE</u>	<u>MARCH</u>	<u>JOG</u>	<u>CRAWL</u>	<u>ROLL (like a pencil)</u>	<u>Throw & Catch (self) - 50 times</u>	<u>Throw & Catch (partner) - 50</u>	<u>Curl-ups</u>	<u>Push-ups</u>	<u>Stretches</u>	<u>Heel-toe Walk</u>	<u>Balancing - 1 or 2 feet (10 sec./each)</u>	<u>Other:</u>
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31-May																			

1. Practice your throwing and catching skills - on your own. (Use a rolled up sock) - 3 - 4 times a week
2. Practice your throwing and catching skills - with a partner. (Use a rolled up sock) - 3 - 4 times a week

*** Try to practice each one atleast 3-4 times a week. ***