

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

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #1						1
** Children need models more than they need critics. **						
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.

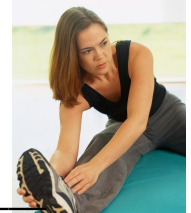


**In an effort to “Get Active! Stay Active!”,
we’re asking that students and their families commit to exercising on a regular basis.
That means exercising 4-7 times per week for at least 20-30 minutes.”**

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
CHOICE #2 <i>** Children need models more than they need critics. **</i>						1
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:	31 Activity/ Sport:	January 1 Activity/ Sport:	2 Activity/ Sport:	3 Activity/ Sport:	4 Activity/ Sport:	5 Activity/ Sport:



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