

# March/April 2008 - Wellness Challenge

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CHOICE #1</b>				<b>Do Your Best!!!</b>		
<b>** Children need models more than they need critics. **</b>						
<b>Practice locomotor skills: walk, jog, march, skip, gallop, slide, grapevine, hop, jump, and leap.</b>			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 parent.	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.
16 Find 6 paper cups & see how quickly you can upstack & down-stack 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 parent.
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)	April 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 30-60 minutes."**

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

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

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



# March/April 2008 - Wellness Challenge

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CHOICE #2</b> <i>** Children need models more than they need critics. **</i>				<b>Do Your Best!!!</b>		
Practice locomotor skills: walk, jog, march, skip, gallop, slide, grapevine, hop, jump, and leap.			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: _____	April 1 Activity/ Sport: _____	2 Activity/ Sport: _____	3 Activity/ Sport: _____	4 Activity/ Sport: _____	5 Activity/ Sport: _____



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we’re asking that students and their families commit to exercising on a regular basis.  
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*Student Signature:* \_\_\_\_\_

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

