

May 2008 - Wellness Challenge

Name: _____ Teacher: _____

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



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: _____



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GET ACTIVE! *** National Fitness Month *** STAY ACTIVE!						
4 CHOICE #2	5	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: _____



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