

January 2009 - Wellness Challenge (Homework:3rd-5th)

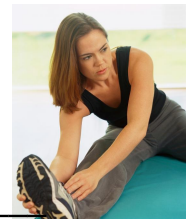
Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Choice #1	Merry Fitness and a Happy New You!			¹ Lay down and make angels in the pretend snow!	² 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	³ Make up a dance to your favorite holiday music. Teach your family.
⁴ Practice juggling w/ socks or soft balls. Go to: http://www.acm.uiuc.edu/webmonkeys/juggling/ for tips.	⁵ Jump rope or pretend jump rope for 5-10 minutes.	⁶ 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	⁷ Find 6 paper cups & see how quickly you can upstack & downstack them in a pyramid pattern.	⁸ 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	⁹ Write down 20 activities you can do to improve your health.	¹⁰ Go on a short hike or a walk around the block 2-5 times w/ a parent.
¹¹ Build a snowman out of pillows; put in front of a door. Throw sock balls at the snowman and try to knock it down. Try again!	¹² 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	¹³ Jump rope or pretend jump rope for 5-10 minutes.	¹⁴ 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	¹⁵ Practice throwing and catching. Use a ball or rolled up socks.	¹⁶ 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	¹⁷ Teach your family an activity you learned in PE.
¹⁸ Practice different balances and exercises when a commercial comes on TV.	¹⁹ Use a balloon & try to bump it 30 times using your fore-arms.	²⁰ 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	²¹ Jump rope or pretend jump rope for 5-10 minutes.	²² 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	²³ Practice throwing and catching. Use a ball or rolled up socks.	²⁴ Practice different balances and exercises when a commercial comes on TV.
²⁵ Practice jumping in the air & click your heels together. Try to do for 1 minute.	²⁶ 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	²⁷ Inflate a balloon & play a volleyball game over a rope.	²⁸ 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	²⁹ Put a soup can in each hand & move them up, down, out, in as you walk around the room.	³⁰ Tap a balloon to yourself or partner for 2-5 minutes.	³¹ Show your family 5 different locomotor skills. Do each for 30 seconds/counts.



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: _____



January 2009 - Wellness Challenge (Homework:3rd-5th)

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Choice #2	Merry Fitness and a Happy New You!			¹ Activity/ Sport: _____	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: _____



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