

February 2009 - Wellness Challenge

PRIMARY

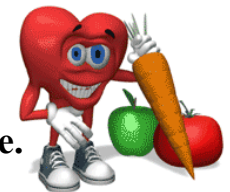
Name: _____ **Teacher:** _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>CHOICE #1</u> February is American Health Month. Try and do some cardio activity every day for a healthy heart!		³ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁴ Practice throwing and catching. Use a ball or rolled up socks.	⁵ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	⁶ Practice different balances and exercises when a commercial comes on TV.	⁷ Go on a short hike or a walk around the block with a parent.
⁸ Who in your family can do the most jumping jacks in 60 seconds (1 minute)?	⁹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁰ Tap a balloon to yourself or partner for 2-5 minutes.	¹¹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹² Jump rope or pretend jump rope for 5-10 minutes.	¹³ Skip, jog, or gallop around your block 2-5 times with a parent.	¹⁴ Play Balloon Volleyball or Keep It Up with a partner or parent.
¹⁵ Take a 30 minute walk with your family.	¹⁶ Do shadow boxing for 3-5 minutes, then 3 different stretches.	¹⁷ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	¹⁸ Jump rope or pretend jump rope for 5-10 minutes.	¹⁹ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁰ While watching TV, practice push-ups. Try to clap on each push-up.	²¹ Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.)
²² Practice different balances and exercises when a commercial comes on TV.	²³ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁴ Jump rope or pretend jump rope for 5-10 minutes.	²⁵ 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	²⁶ Practice throwing and catching. Use a ball or rolled up socks.	²⁷ March is here. March in place 100, 200, or 300 times. Repeat	²⁸ Tap a balloon to yourself or partner for 2-5 minutes.

**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:** _____



Choice #2 DAY	Feb. 1	Feb. 2	Feb. 3	Feb. 4	Feb. 5	Feb. 6	Feb. 7	Feb. 8	Feb. 9	Feb. 10	Feb. 11	Feb. 12	Feb. 13	Feb. 14	Feb. 15	Feb. 16	Feb. 17	Feb. 18	Feb. 19	Feb. 20	Feb. 21	Feb. 22	Feb. 23	Feb. 24	Feb. 25	Feb. 26	Feb. 27	Feb. 28	Feb. 29	Mar. 1	Mar. 2	Mar. 3	Mar. 4	Mar. 5		
Walk																																				
SKIP																																				
HOP 4 - change																																				
JUMP																																				
GALLOP																																				
LEAP																																				
SLIDE																																				
MARCH																																				
JOG																																				
CRAWL																																				
ROLL (like a pencil)																																				
Throw & Catch (self) - 50 times																																				
Throw & Catch (partner) - 50 times																																				
Curl-ups																																				
Push-ups																																				
Stretches																																				
Heel-toe Walk																																				
Balancing - 1 or 2 feet (10 sec./each)																																				
Other:																																				

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