

# March 2009 - Wellness Challenge

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>CHOICE #1</b> <b>Primary</b>	2	3 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	4 Tap a balloon to yourself or partner for 2-5 minutes.	5 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	6 Who in your family can do the most jumping jacks in 60 seconds?	7 Show your family 5 different locomotor skills. Do each for 30 seconds/counts.
8 Go on a short hike or a walk around the block 2-5 times w/ a parent.	9 Jump rope or pretend jump rope for 5-10 minutes.	10 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	11 Practice different balances and exercises when a commercial comes on TV.	12 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	13 Write down 20 activities you can do to improve your health.	14 Teach your family an activity you learned in PE.
15 While watching TV, sit on the floor and pretend like you are rowing a boat.	16 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	17 Jump rope or pretend jump rope for 5-10 minutes.	18 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	19 Practice throwing and catching. Use a ball or rolled up socks.	20 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	21 Go on a short hike or a walk around the block 2-5 times w/ a parent.
22 Show your family 5 different locomotor skills. Do each for 30 seconds/counts.	23 Use a balloon & try to bump it 30 times using your forearms.	24 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	25 Jump rope or pretend jump rope for 5-10 minutes.	26 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	27 Practice throwing and catching. Use a ball or rolled up socks.	28 Put a soup can in each hand & move them up, down, out, in as you walk around the room or house.
29 Practice jumping in the air & click your heels together. Try to do for 1 minute.	30 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	31 Inflate a balloon & play a volleyball game over a rope.	1 15-35 curl-ups 10-25 push-ups 3 different stretches (legs & arms)	2 Jump rope or pretend jump rope for 5-10 minutes.	3 Practice different balances and exercises when a commercial comes on TV.	4 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.

