

March 2009 - Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CHOICE #1 Upper	2	3 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	4 Tap a balloon to yourself or partner for 2-5 minutes.	5 15-45 curl-ups 10-35 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	10 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	11 Practice different balances and exercises when a commercial comes on TV.	12 15-45 curl-ups 10-35 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 Find 6 paper cups & see how quickly you can upstack & downstack them in a pyramid pattern.	16 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	17 Jump rope or pretend jump rope for 5-10 minutes.	18 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	19 Practice throwing and catching. Use a ball or rolled up socks.	20 15-45 curl-ups 10-35 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 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	25 Jump rope or pretend jump rope for 5-10 minutes.	26 15-45 curl-ups 10-35 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 15-45 curl-ups 10-35 push-ups 3 different stretches (legs & arms)	31 Inflate a balloon & play a volleyball game over a rope.	1 15-45 curl-ups 10-35 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.

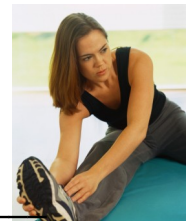


In an effort to "Get Active! Stay Active!",
we're asking that students and their families commit to exercising on a regular basis.
That means exercising 4-7 times per week for at least 30-60 minutes."

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____

Parent/Guardian Signature: _____



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1 CHOICE #1 Upper	2	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: _____	1 Activity/ Sport: _____	2 Activity/ Sport: _____	3 Activity/ Sport: _____	4 Activity/ Sport: _____



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