

# May 2009 - Wellness Challenge

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

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



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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<b>GET ACTIVE!</b>		<b>*** National Fitness Month ***</b>			<b>STAY ACTIVE!</b>	
3	4	5	6	7	8	9
<b>CHOICE #2</b>		Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:
10	11	12	13	14	15	16
Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:
17	18	19	20	21	22	23
Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:
24	25	26	27	28	29	30
Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:
31	June 1	2	3	4	5	6
Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:	Activity/ Sport:



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