

GET FIT SUMMER CHALLENGE (9-12)





Fitness Challenge – Task Sheet

Day of the Month	Exercises	Completed	Self-Assessment (circle one)	Notes
			Loved - Liked - Okay - More Effort	
1st				
2nd				
3rd				
4th				
5th				
6th				
7th				
8th				
9th				
10th				
11th				
12th				
13th				

14th		90			
15th					
16th		90			
17th		90			
18th		90			
19th		90			
20th		99			
21st		99			
22nd					
23rd		••			
24th		•••			
25th		•••			
26th					
27th		•••			
28th		•••			
29th					
30th					
31st					



FITNESS CHALLENGE

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				3 Carioca	3 Squats	NATURE WALK
				3 Lunges	Hop on 1 leg (15 seconds)	(Walk for 1 mile)
4	5	6	7	8	9	10
5 Carioca	5 Squats	5 Carioca	TASK CARD #1	5 Carioca	5 Squats	START A GARDENING
5 Lunges	Hop on 1 leg (20 seconds)	5 Jumping Jacks		5 Lunges	Hop on 1 leg (20 seconds)	PROJECT
11	12	13	14	15	16	17
7 Carioca	7 Squats	7 Carioca	TASK CARD #2	7 Carioca	7 Squats	BIKE RIDE
7 Lunges	Hop on 1 leg (25 seconds)	7 Jumping Jacks		7 Lunges	Hop on 1 leg (25 seconds)	(Ride for 2 miles)
18	19	20	21	22	23	24
10 Carioca	10 Squats	10 Carioca	TASK CARD #1	10 Carioca	10 Squats	NATURE WALK
10 Lunges	Hop on 1 leg (30 seconds)	10 Jumping Jacks		10 Lunges	Hop on 1 leg (30 seconds)	(Walk for 3 miles)
25	26	27	28	29	30	
12 Carioca	12 Squats	12 Carioca	TASK CARD #2	12 Carioca	12 Squats	
12 Lunges	Hop on 1 leg (45 seconds)	12 Jumping Jacks		12 Lunges	Hop on 1 leg (30 seconds)	

June Calendar - Keep kids active this summer with simple fitness activities that can be done at home with no equipment! Every Saturday they can enjoy nature with an outdoor exercise or activity, like gardening for National Gardening Week. Involve family too!

Refer to Task Cards 1&2 on Page 4

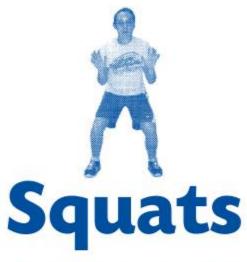
For Hop on 1 Leg exercise, repeat for each leg

Find the visuals & descriptions for each fitness activity below.



Visit <u>www.healthiergeneration.org</u> for more ideas on how to inspire a healthy, active lifestyle.

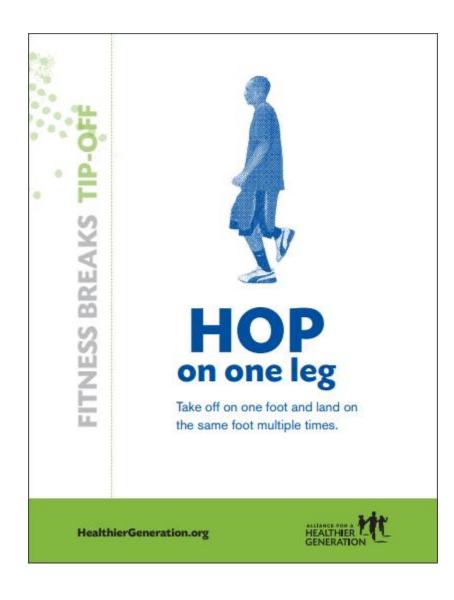
FITNESS BREAKS OVERTIME



Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the knees behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position.

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FITNESS BREAKS TIP-OFF



Carioca

Stay on the balls of your feet with your hips in a low semi-squat position. Begin by twisting your hips and crossing one leg in front of the other, bring your trail leg through and cross your lead leg behind the trail leg. Your shoulders remain square.

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ITNESS BREAKS PRE-GAME



Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

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CARDS

20 arm actions Pump arms like running hard

- 10 ski jumps
- 16 knee to elbow
- 26 punches overhead
- 10 straight leg marches



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ASK CARDS

- Write your last name in the air with your left foot
- 14 crisscross jumps
- · 6 jumps forward and back
- Write your first name in the air with your right foot
- 8 wood chops each side







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Name:	Teacher:
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Purpose:

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).

√Done	Day	DEAM Activity	√Done	Day	DEAM Activity
	1	Enjoy the great outdoors!		16	Do as many squats as you can.
	2	Do as many curl-ups as you can.		17	Use sidewalk chalk to draw a maze. Challenge an adult.
	3	Use sidewalk chalk to make a hopscotch board.		18	Perform squat-jumps while naming bones in the body.
	4	Call out words that rhyme with "pop" while you hop in place.		19	Take a walk.
	5	Take a walk.		20	June is Dairy Month. Enjoy a serving of dairy.
	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).		21	Pick 5 different muscles to stretch. Hold each for 20 seconds.
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.		22	Lightning Safety Week: Play outside if it is SAFE!
	8	It's National Gardening Week. Plant something!		23	Do as many push-ups as you can.
	9	Do as many trunk-lifts as you can.		24	Use sidewalk chalk to invent a game! Play the game with a neighbor.
	10	Use sidewalk chalk to make a 2-square game and challenge a friend.		25	Read a book while doing a wall sit.
	11	Do push-up shoulder taps while someone calls out words for you to spell.		26	Take a walk.
	12	Take a walk.		27	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	13	June is Dairy Month. Enjoy a serving of dairy.		28	Pick 5 different muscles to stretch. Hold each for 20 seconds.
	14	Pick 5 different muscles to stretch. Hold each for 20 seconds.		29	Help someone with their chores!
	15	Go on a hike!		30	Do as many star-jumps as you can.

ŮPENPhysEd.org — — —	Created by: Nick Kline – @PEtop5 on Twitter —
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√Done	Day	DEAM Activity	√Done	Day	DEAM Activity
	1	Summer Fun: Do anything you enjoy that involves MVPA.		16	Read a book while standing or walking in place.
	2	Read a book while standing or walking in place.		17	Take a walk.
	3	Take a walk.		18	Think about what you eat. Make at least 3 healthy choices today.
	4	Think about what you eat. Make at least 1 healthy choice today.		19	Do some yoga today. Search YouTube for ideas.
	5	Do some yoga today. Search YouTube for ideas.		20	July is Ice Cream Month. Stay active and reward yourself with a treat!
	6	July is Picnic Month. Pack a lunch and take a hike!		21	Do as many reps of the same exercise from July 7th. Track your progress.
	7	Do as many reps as you can of any exercise. Track your progress.		22	Summer Fun: Do anything you enjoy that involves MVPA.
	8	Summer Fun: Do anything you enjoy that involves MVPA.		23	Read a book while standing or walking in place.
	9	Read a book while standing or walking in place.		24	Take a walk.
	10	Take a walk.		25	Think about what you eat. Make at least 4 healthy choices today.
	11	Think about what you eat. Make at least 2 healthy choices today.		26	Do some yoga today. Search YouTube for ideas.
	12	Do some yoga today. Search YouTube for ideas.		27	July is Blueberry Month. Remember to get 3 servings of fruit today.
	13	July is Anti-Boredom Month. Stay active today!		28	Do as many reps of the same exercise from July 7th. Track your progress.
	14	Do as many reps of the same exercise from July 7th. Track your progress.		29	Summer Fun: Do anything you enjoy that involves MVPA.
	15	Summer Fun: Do anything you enjoy that involves MVPA.		30	Read a book while standing or walking in place.
				31	Take a walk.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.