































































































































GET FIT SUMMER CHALLENGE (9-12)



Name: _____

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



FITNESS CHALLENGE

June 2023

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

FITNESS BREAKS **OVERTIME**



Squats

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.

HealthierGeneration.org



FITNESS BREAKS **TIP-OFF**



HOP on one leg

Take off on one foot and land on the same foot multiple times.

HealthierGeneration.org



[Source: Fitness Trail Stations](#)

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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FITNESS BREAKS PRE-GAME



BASIC Lunges

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.*

HealthierGeneration.org



Source: Fitness Trail Stations

1

TASK CARDS

- 20 arm actions
Pump arms like running hard
- 10 ski jumps
- 16 knee to elbow
- 26 punches overhead
- 10 straight leg marches

HealthierGeneration.org



2

TASK 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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[Source: Physical Activity Task Cards](#)

JUNE DEAM Calendar

Drop Everything And Move

JUMP IN
with both feet

Purpose:

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.

✓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.