

GET FIT SUMMER CHALLENGE (6-8)





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		00			
17th		00			
18th		00			
19th		00			
20th		90			
21st		90			
22nd		90			
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

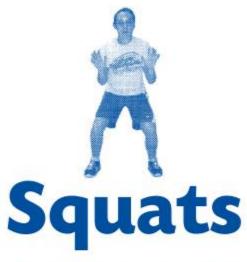
For Hop on 1 Leg exercise, repeat for each leg

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.

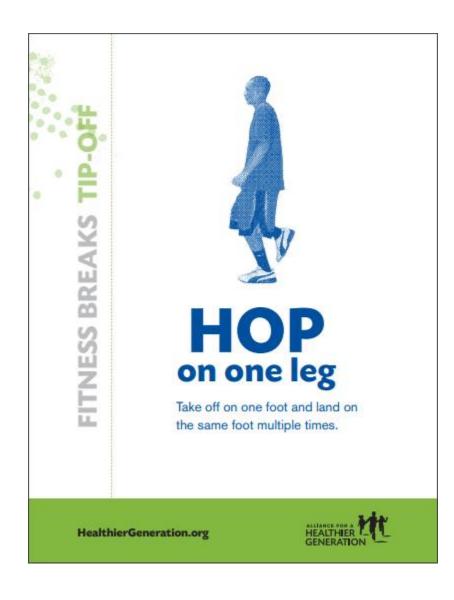
FITNESS BREAKS OVERTIME



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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√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.