Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_ APRIL 6-10 Due by APRIL 12.

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| **Healthy Body, Healthy Mind** | | | |
| Write the date of the activities that you have completed. See if you can complete most of the activities each week. | | | |
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| \_\_\_\_\_\_Go jogging 10 minutes | \_\_\_\_\_\_Do 20 sit up ups | | \_\_\_\_\_\_Do 25 sit ups |
| \_\_\_\_\_\_ Eat 2 veggies in 1 day | \_\_\_\_\_\_Dance 10 minutes | | \_\_\_\_\_Do 10 reach jumps x 2 |
| \_\_\_\_Dust the house | \_\_\_\_Online exercise video | | \_\_\_\_Make a tik tok dance video(if you have one) or any dance video |
| \_\_\_\_Ride your bike for 10 minutes | \_\_\_\_Do 60 second wall sit x 2 | | \_\_\_\_Jog high knees in place 20 second 3 times |
| \_\_\_\_Play with a hula hoop 10 minutes | \_\_\_\_Play a tag game for 10 minutes | | \_\_\_\_Do 30 jumping jacks |
| \_\_\_\_Walk for 10 minutes or run for 5 minutes | \_\_\_\_Plank for 25 seconds x2 | | \_\_\_\_jump as high as you can 10 times |
| \_\_\_\_Dribble a basketball or soccer ball 10 minutes, practice with different hands or feet | \_\_\_\_If you play a sport, practice drills for that sport for 45 minutes  Name the sport \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_go for a walk with a family member |
| \_\_\_\_Jump rope 5 minutes | \_\_\_\_Do Arm Circles for 20x each direction | | \_\_\_\_Leg raises x10 each leg |
| \_\_\_\_Make up a dance | \_\_\_\_Play catch with a friend or parent | | \_\_\_\_Climb up and down the stairs 10 times |
| \_\_\_\_Toe touches hold for 15 seconds 3x | \_\_\_\_Do 20 sec. plank (push up position on elbows) x 2 | | \_\_\_\_Do 10 push ups |
| \_\_\_\_Hop on each foot 10xs | \_\_\_\_eat a piece of fruit every day for a week | | \_\_\_\_Take your pet/dog for a walk |
| \_\_\_\_Dribble a soccer ball 10 minutes (outside) | \_\_\_\_Do butt kickers in place for 20 seconds x 3 | | \_\_\_\_Frog jump as far as you can 5 times |
| \_\_\_\_ Stretch your muscles | \_\_\_\_run around the block with a parent once | | \_\_\_\_Do 15 mountain climbers |
| \_\_\_\_Hike a hill 5 times | \_\_\_\_Walk like a seal across the room 2 times | | \_\_\_\_Go up and down the stairs 10 times. |
| \_\_\_\_Play kickball as a family | \_\_\_\_Play baseball/softball with a family member. | | \_\_\_\_Sit and reach your toes 20 seconds 3 times |
| \_\_\_\_Do a yoga video | \_\_\_\_Do 15 standing squats 2 times | | \_\_\_\_Play in the yard 30 minutes |
| \_\_\_\_Do 15 wall push ups | \_\_\_\_Do 20 sit ups | | \_\_\_\_Perform 20 mountain climbers |

EXTRA CREDIT:

Being active can also mean helping around the house or doing chores.  Instead of watching TV, playing video games...HELP AROUND THE HOUSE

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| \_\_\_\_Walk like a crab 20 feet 2 times | \_\_\_\_Play catch with a sibling or parent | \_\_\_\_Clean your room |
| \_\_\_\_Watch TV for only one hour in a day | \_\_\_ Your choice: | \_\_\_\_ Clean without being told |
| \_\_\_\_Bridge 10 seconds 2 times | \_\_\_\_Empty the dishwasher | \_\_\_\_Fold 2 loads of laundry |
| \_\_\_\_Your choice: | \_\_\_\_ Make 20 basketball shots | \_\_\_\_ Spend 10 minutes stretching |