

LHS 3-5 Fun Fitness Weekly Challenge



Your Goal: To complete each of the 4 strength exercises and skipping or jumping jack challenge each day!

Challenge family members to do this with you! These exercises use your own bodyweight to make you stronger. Place a check mark in the calendar each day you do the exercise. You can choose between skipping or jumping jacks for your cardio challenge. See how many times you can do the exercise in 1 minute and put the number in the space on the calendar. Try to improve each day. Work hard and have fun!



Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 minute plank							
1 minute wall sit							
30 squats							
10 push-ups							
1 minute of skipping or jumping jacks							



Remember to get outside and play for at least 30 minutes a day, too!

I would love to see how you are doing with your physical activity. Feel free to send me pictures or videos of you being physically active to stacey.briggs@nbed.nb.ca.

