

LHS 3-5 Fun Fitness Challenge



Your goal: To complete the throwing and catching rhyming activity each day of the week.

Challenge your family members to do this with you and time yourself to see how long it takes you to complete all 10 actions. Put your time in the box each day you do the challenge. For an extra daily challenge, get a family member to time you how long it takes you to do 50 high knees. Lift your knees while you run in place. Go for it!! Work hard and have fun!

Throwing and Catching Activity Rhyme

Toss and catch a ball, rolled up sock or small stuffed toy as you toss and catch while doing the action that goes with the number.

1 touch your thumbs

2 touch your shoe

3 touch your knee

4 touch the floor

5 do the jive (twist side to side)

6 do the splits (jump and split legs apart)

7 toss to heaven (way up high)

8 under the gate (lift leg and toss under)

9 touch your spine

10 jump and finish in a squat and do it again!

Day	Monday	Tuesday	Wednesday	Thursday	Friday
My time for the challenge					
My time for 50 high knees					

Remember to get outside and play for at least 30 minutes a day. Feel free to email me pictures or videos of you doing these challenges to stacey.briggs@nbed.nb.ca.