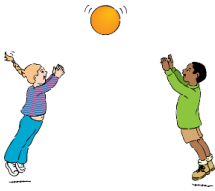


LHS K-2 Weekly Fun Fitness Challenge



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

Challenge your family to do this with you and draw a happy face in the box for each day you do the challenge. For an extra challenge each day, say the whole alphabet while doing your jumping jacks. Work hard and have fun!

Throwing and Catching Activity Rhyme

Toss and catch a ball, rolled up sock or small stuffed animal 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 squat and do it all again!

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|--------|---------|-----------|----------|--------|
| Tossing and catching challenge | | | | | |
| ABC jumping jack challenge | | | | | |

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.