

LHS K-2 Weekly Fun Fitness Challenge

Your goal: Perform two of the activities each day from the list below. Your choice! Each day you complete the challenge put a happy face in the box for that day!!



Go for a walk with your family.	Balance for 5 seconds on each foot.
Toss and catch a ball or small stuffed toy with a family member.	Do 10 jumping jacks and then 10 squats.
Dance to your favorite song.	Do 5 push-ups and then 10 side to side hops.
Run in place for 2 minutes.	Get your speed stacks or plastic cups and practice the 3 stack or 3-3-3.



Monday	Tuesday	Wednesday	Thursday	Friday

Remember to also get outside and play for at least 30 minutes a day, too! Work hard and have fun!

