

LHS 3-5 Weekly Fun Fitness Challenge



Your Goal: To complete the **Jump Into Fitness** challenge each day of the week. You will have a choice of doing Level 1 or Level 2. Jumping rope makes our heart stronger and also improves our balance and coordination. Perform the number of jumps listed each day followed by the 1 minute jump rope challenge. Work hard and have fun!

JUMP INTO FITNESS!

	Monday	Tuesday	Wednesday	Thursday	Friday
Level 1	50 Jumps + 1 Minute Challenge	60 Jumps + 1 Minute Challenge	70 Jumps + 1 Minute Challenge	80 Jumps + 1 Minute Challenge	90 Jumps + 1 Minute Challenge
Level 2	100 Jumps + 1 Minute Challenge	120 Jumps + 1 Minute Challenge	140 Jumps + 1 Minute Challenge	160 Jumps + 1 Minute Challenge	180 Jumps + 1 Minute Challenge

The 1 minute jump rope challenge: Count how many times you can jump in 1 minute. Jumps do not need to be done in a row. If your rope stops, just keep going and pick up from where you left off. Try to improve your number of jumps each day.

If you do not have a rope do not worry. You can do the challenge by jumping with an invisible rope. Pretend to turn the rope as you jump.

