

LHS 3-5 Weekly Fun Fitness Challenge



Your Goal: To complete the movement skill and plank challenge to improve your balance and core strength. Challenge your family to do this with you!

You can use a piece of masking tape, painters tape or a thick piece of chalk outside to draw a straight line to do these activities.

WORK HARD AND HAVE FUN!

Monday	Tuesday	Wednesday	Thursday	Friday
Jump side to side over the line for 1 minute.	Toss and catch a ball or rolled up sock with one hand while walking on the line. Do this for 1 minute, then switch hands.	Stand on the line while holding tree pose. Practice on both your left and right sides.	Jump side to side over the line on one foot for 1 minute. Switch and practice with the other foot.	Toss and catch a ball or rolled up sock while balancing on one foot. Switch and try the other foot. You can toss and catch with one or two hands.
1 minute plank	1 minute plank	1 minute plank	1 minute plank	See how long you can hold your plank.

Remember to get outside and play for at least 30 minutes a day! Here’s an idea for outside...challenge a family member to a game of **Rock, Paper, Scissors**. Winner does a victory dance and scores 1 point, the person who doesn’t win does 10 jumping jacks. Play until someone gets to 10 points!

