

LHS K-2 Weekly Fun Fitness Challenge



Your Goal: To complete the movement skill and jumping jack challenge each day to improve your balance. Challenge your family to do this with you.

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

WORK HARD AND HAVE FUN!

Monday	Tuesday	Wednesday	Thursday	Friday
Walk forwards and backwards on the line while keeping your balance.	Walk heel to toe on the line.	Gallop on the line.	Jump back and forth over the line.	Toss a ball or rolled up sock up and down while walking on the line.
Do 20 jumping jacks.	See how many jumping jacks you can do in 30 seconds.	Do 25 jumping jacks.	See how many jumping jacks you can do in 30 seconds.	Do 30 jumping jacks.

Remember to get outside for at least 30 minutes a day to play. 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 5 jumping jacks. Play until someone gets to 10 points!



