


Fitness Bingo #3

Complete as many squares as you can!

<p>Play Rock Paper Scissor with a family member.</p> <p>If you win = Dance for 30 seconds</p> <p>If you tie = Walk like a crab for 30 seconds</p> <p>If you lose = Do 10 push-ups</p> <p>Suggestions: Play multiple rounds Make up your own game</p>	<p>Food Label Frenzy</p> <p>Find a Food Label on the side of a box of food.</p> <p>How many Sugars do you see? Do that many jumping jacks (example 26 grams, do 26 jumping jacks)</p> <p>How many Carbohydrates? Do that many push ups</p> <p>How much Fat? Do that many crunches or sit-ups</p> <p>How much Protein? Do that many Mountain climbers</p> <p>Repeat this activity with 2-3 other food labels.</p>	<p>Mindfulness Matters</p> <p>Perform Hot Chocolate Breathing for 10-15 minutes</p> <ul style="list-style-type: none"> -Lay down -Relax your body -clear your mind -Smell the Hot Chocolate (breathe in through your nose) -Cool off the Hot Chocolate (Exhale/Breathe out through your mouth) -Repeat -While doing this deep breathing, imagine you are at your favorite place.
<p>Set The Menu!</p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p> <p>Be sure to include the 5 food groups!</p> <p>GRAINS VEGETABLE FRUITS PROTEIN DAIRY</p> <p>Don't forget to drink your water too!</p>	<p>Free Space!</p> <p>**Additionally, Students are encouraged to participate in 20-30 minutes of moderate to vigorous physical activity daily.</p> 	<p>Active for 60 minutes everyday!</p> <p>Do 60 exercises!</p> <ul style="list-style-type: none"> 10 jumping jacks 10 push-ups 10 mountain climbers 10 Crunches or Sit-ups 10 Lunges 10 Burpees or Jumps <p>Extension: Can you create your own series of exercises? Can you repeat?</p>
<p>Physical Fitness Challenge</p> <p>Arm Muscular Strength</p> <p>Hold your arms straight out to your side and see how long you can stay in this position. Write down your time.</p> <p>Plank Muscular Endurance</p> <p>Hold a plank position (elbows or push-up style) and aim for the amount of minutes in your grade level (Example 1st = 1 minute)</p> <p>Jog in Place (Cardiovascular Endurance)</p> <p>How long can you jog in place without stopping? Aim for the amount of minutes in your grade. Example 4th = 4minutes. Write down your time.</p>	<p>Teach hand washing skills to family members</p> <p>From the CDC:</p> <ol style="list-style-type: none"> 1. Wet hand with clean water 2. Lather and scrub- sing the happy birthday song twice 3. Rinse with clean water 4. Dry-Using a clean towel or air dry. <p>Extension: Create a poster and hang in your home.</p>	<p>Create your OWN Physical Education Warm-up</p> <p>Design a warm-up that could be done in your living room, basement, family room, back yard or anywhere in your house that is safe</p> <p>Once you have it written out or drawn out on a piece of paper then teach to a family member(s)</p> <p>Use ideas from your Physical Education teacher.</p> <p>If you cannot create one then teach your family one that you learned in class.</p>

