## STAY HEALTHY AND ACTIVE!

Ideas for staying healthy and active

- Engaging workout videos can be found here: www.gonoodle.com
- For health fueled by fun, check out this website: <a href="www.healthpoweredkids.org">www.healthpoweredkids.org</a>. It is filled with lots of quick ideas and mini-lessons focused on making health super fun for kids ages 3-14.

Below you will find a list of healthy and active choices. Try to log at least 1 hour of activity and two healthy choices daily on your calendar. Once you have filled in every day of your calendar turn it into your P.E. Teacher when school is back in session so they know how much you love to stay healthy and active!

eat a pear skipping swinging soccer

do a non-locomotor baseball

running gymnastics

help carry groceries

tennis stretching biking squats planks

jumping jacks vacuuming whiffle ball hop scotch

help a friend

hockey build a fort wash a car **take a shower** www.gonoodle.com

run in place

yoga

wash your hands

badminton drink water

brush your hair jumping rope

playing on a playground march around outside

crab walk cheerleading clean the dishes

basketball
dancing
hiking
eat some corn
walking your dog

floss your teeth sweep the floor

make your own exercise video

hula hooping clean your room

lesson from www.healthpoweredkids.org

doing cartwheels play "follow the leader" have a scavenger hunt

volleyball make up a dance

help your sibling clean their room

jogging lunges

brush your teeth compliment someone

eat an orange

wash your hands for 20 seconds balance on one foot as long as you can pretend you are shooting a basketball

walk like a gorilla jump like a kangaroo

hand wash a dish you used

seal crawl frog jump bear walk eat a carrot log roll pencil roll grapevine step

hop from one foot to the other

eat an apple

count how many steps it takes to walk around your room

eat a sweet potato

hold the push up position for 10 seconds

eat celery

perform a locomotor to a beat

dance during the commercials of your favorite tv show walk in place while watching tv and rest during commercials

march around your living room

eat strawberries eat blueberries eat some pineapple do modified jumping jacks go outside and play



Healthy &
Active with your P.E. Teacher!

Your P.E. encourages you to be active at least 1 hour per day while also making healthy choices.

NAME

ACTIVITY GOAL	*(at least 1hr per day)
*This should be the number of hours	you plan to spend doing some
sort of physical activity each week. F	
suggested physical activities on the re	
HEALTHY CHOICE GO	
least 2 healthy choices you made da	
number of healthy choices you plan to	
ideas are in bold on the list on the rev	erse side of this calendar.
Calendar directions: Record the	activity and how long you
did it, as well as the number of he	•
each day of the month. Both you	5
guardian initial each day. Once	school is back in session,
turn it into your P.E. Teacher so the	ney will know how much
you love to be active and healthy!	
W.	
Did you reach your ac	ctivity and healthy
choice goals th	nis month?
TOTAL NUMBER OF PHYSIC	CAL ACTIVITY HOURS
FOR THE MONTH:	
TOTAL NUMBER OF HEALT	HY CHOICES FOR THE
MONTH:	
Print your name:	
Daniel Com Jim.	
Parent/Guardian:	

## Calendar

Sun	Mon	Тие	Wed	Thu	Fri	Sat
					2020	