Challenge

Trytodothischallenge duringthisweek Youcan have help from another member of your family. Have fun!





25 WAYS TO





Run in place for 30 seconds





Stand up and sit down 10 times



Read standing up



Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)



Jumping jacks for 30 seconds



Do the hokey pokey



Stand up, touch your toes

See how many squats you can do in 15 seconds





Wall sits while reading



One-minute yoga

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Standing mountain climbers for 30 seconds

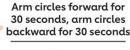


Stretch your

hands high over

your head

Stand on one leg, put your hands up, put your hands out to the side





5 lunges on the right leg, 5 lunges on the left leg



Practice spelling, do a squat for every vowel



Run in place for 30 seconds, check your heart rate



Practice spelling by doing a jumping jack for each letter

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter





High knees for 30 seconds



Practice math problems, do a jumping jack every time the answer is an even number



20 leg lifts