

Fitness for Kids Challenge

Classroom Exercise Cards

Chair Aerobics

Have students pull their chairs out from desks.

They should sit up straight, keeping their ankles together and do leg lifts by extending their legs to a 180-degree-angle for 20 repetitions.

Then have students stand behind the chair, facing it, hold the back for balance, and extend their right leg out to the side to a 45-degree angle for 20 repetitions.

Repeat with the left leg.



Boogie Days

Have students spread out across the room and play one school-appropriate song and let kids dance.

Have them follow your moves and make sure movements are appropriate.

Try doing some vintage moves like the Twist, the mashed potato, or just jumping around.



Train Like a Pro

Have students emulate various sports for 30 seconds each: kick a field goal, shoot a jump shot, run through tires, swing a bat, serve a tennis ball, downhill ski, spike a volleyball, swing a golf club, throw a football, shoot an arrow, shoot a hockey puck, swim.

IMPROVISE!!



In Between Laps

Have students run a lap together, and stop when they reach you to receive their next challenge (do 5 twirls, pat your head and rub your belly, spell your name backwards while walking backwards, 30 second squat against the wall, 10 jumping jacks).

Continue running once they complete each challenge and you should give them a new challenge after each trip.



Cross Crawls

In a standing position, lift your left knee and touch it with your right hand.

Repeat using the opposite knee and hand.

Try it for 30 seconds.

This activity increases left/right brain connection!



Stand Up/Sit Down

Tell students to move their chairs back from their desks.

Tell the group that you are going to read a series of questions. If their answer is "yes," they should stand up and then sit down quickly.

Example: Do you like fruit? Do you play a musical instrument? Did you put on shoes today? Do you speak a language other than English? Do you like to swim?

