

# APRIL NEWS

CHALLENGE: 1 HOUR OR MORE OF PHYSICAL ACTIVITY A DAY



Name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

## Physical Activity Fun:

- Create a fun indoor game. Try to make an obstacle maze with tape or string in a hallway (put some high and some low so you can jump over and crawl under).
- Get out of the house and go explore! Find new playgrounds and parks to go to near your house. Invite a friend to go along with you and explore your neighborhood.
- Make a list of ways to stay physically active, hang it on your fridge and try a new one each day after school. Cross them off as you complete each one!
- When you are watching TV, move during commercials! Do jumping jacks, pushups, or sit ups. Challenge your family to see who can do the most before the commercial is over.
- Go on a color scavenger hunt! Use a crayon and draw each color of the rainbow on a piece of paper. Explore outside or inside and find an object that matches each color.



## BILLY'S TIP

**Fish Bowl:** Have everyone write down a physical activity for everyone to do together. Every day, have someone pick an activity and do it as a group!



## Recipe: CHEESE SCOOTERS



### Ingredients:

- 1 cucumber
- Vegetable or plain cream cheese
- Pretzel sticks
- Cheese sticks
- Toothpicks

### Recipe:

- Unwrap the cheese stick and cut it in half.
- Slice the cucumber into thin slices and spread veggie cream cheese lightly between two slices. Do this four times to make four wheels.
- Take a toothpick and place one set of cucumbers on it, spear the toothpick through the cheese stick, and add a second pair of wheels.
- Do this for the front wheels as well.
- Place one pretzel stick into the front of the cheese stick.
- Use a dab of cream cheese to secure another pretzel stick for the handles.



# Card Fitness



Grab a deck of cards and some of your friends and family! Shuffle the deck of cards and have someone pick a card out of the deck. As a group, do the activity listed below, or make up your own list, for that card number.

If you don't have a deck of cards, rip up 13 small pieces of paper, and write the suits and numbers below on the paper. Flip them over to decide your activity!



Card Suit:	Physical Activity:	Create Your Own:
Ace	15 jumping jacks	
King	4 burpees	
Queen	10 side jumps	
Jack	5 push-ups	
10	10 sit-ups	
9	9 side leg raises	
8	8 high knees	
7	7 lunges	
6	6 toe touches	
5	5 squats	
4	4 arm circles	
3	3 overhead reaches	
2	Jog in place for 2 min.	

