

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.

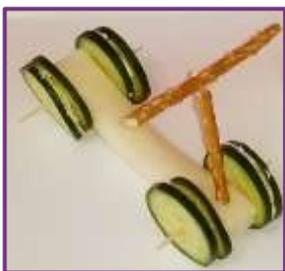


BILLY'S TIP

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.



Playground Fun



Draw an **O** next to the things you have done at a playground.

Draw an **X** next to the things you have never done at a playground.

Try going to a new playground and doing everything on this list!

Crossed a bridge ____

Climbed a ladder ____

Hung on monkey bars ____

Hung upside down ____

Slid down a pole ____

Bounced a ball ____

Used a seesaw ____

Gone down a slide ____

Swung on the swings ____

Played in the sand ____

What else could you do at the playground?

1-

2-

3-

4-

