



1 HOUR OR MORE OF PHYSICAL
ACTIVITY EVERY DAY

APRIL NEWSLETTER

2024-2025 | K-2

Name

Grade

Teacher

MARCO'S TIP:

Physical activity

keeps our bodies strong and healthy. Getting one hour or more each day will help you focus, have more energy, and gets your heart pumping.

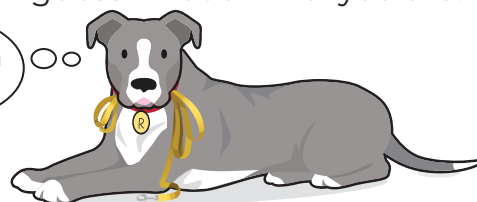


ACTIVITY:

Think of your favorite animal.

Show us what movements they make by using your arms and your legs! Do they fly? Flap your arms! Do they run fast? Run in place. Practice their movements for 30 seconds and see if a friend, brother, sister, adult can guess what animal you are!

I can run fast...



JOKE!

What did the baseball glove say to the ball? **catch you later!**

Get Active around WNY!

KIDS RUN

AN INDEPENDENT HEALTH FOUNDATION EVENT

Ready! Set! Go!

Kids Run Buffalo is back at Delaware Park on Saturday, June 7th. Sign up for this **FREE** family run today—Visit

kidsrunbuffalo.com

for registration and for more information.

Fitness for Kids CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

BE YOUR BEST YOU!

Decorate your cup! Each color matches an activity that can “fill up your cup” or make you happy. Which activity is your favorite? Use that color the most!



- Playing with a friend, classmate or sibling
- Making someone smile
- Coloring, drawing or painting
- Dancing or listening to music
- Being outside
- Playing a sport (Ex. soccer, dance, baseball)

For more information and activities visit:
www.FitnessForKidsChallenge.com

CHALLENGE:

Can you do the math problem to figure out how many of each exercise to do? Fill in the number on the line and get moving!



_____ Jumping Jacks



_____ Sit Ups



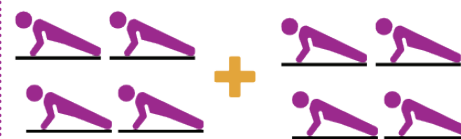
_____ Squats



_____ Lunges



_____ Arm Reaches



_____ Push Ups

WORD SCRAMBLE

Each word below represents a physical activity. Can you use the picture clues to unscramble the words?



CCSEOR

INHGIK



GGFOLNI



Sign up for a FREE soccer program near you!

Visit

www.buffalosoccerforsuccess.com

for a list of dates, sites and for more information.