

Move More

April Newsletter

2025-2026 | 3-5

Name: _____

Grade: _____ Teacher: _____

WHY IT MATTERS **Your body loves to move!**

Whether you're climbing, skipping, stretching, or dancing, being active helps you grow strong and feel great. Moving your body wakes up your brain, gives you energy, and even helps you feel less worried or grumpy. It's not about being the fastest or the best—it's about having fun and staying healthy. So go ahead—jump, wiggle, play, and move your way to a happy, healthy day!

MARCO'S JOKE

What's a frog's favorite outdoor game?

Jump frog!



ACTIVITY **Movement Rhyming Words**

Can you find words that rhyme? Write a new word on the line that rhymes (sounds the same) with the one written in purple. Act them out!

run	_____	walk	_____	hop	_____
play	_____	kick	_____	wave	_____
skip	_____	throw	_____	spin	_____

CHALLENGE

Movement Spelling

For each letter in your name, do the exercise next to it. For example, if your name is **Ben**, you would do: **B**= 5 sit ups, **E**= 10 high knees, **N**= dance for 10 seconds

A = 10 jumping jacks	I = 10 arm circles	R = 5 side hops
B = 5 sit-ups	J = hop on one foot 5 times	S = 10 sit-ups
C = 5 squats	K = 10 toe touches	T = pretend jump rope for 10 seconds
D = 3 pushups	L = 10 second march	U = 5 side planks
E = 10 high knees	M = 5 bunny hops	V = 10 squats
F = 15 second plank	N = dance for 10 seconds	W = 5 star jumps
G = 10 butt kicks	O = 5 crab walks	X = 5 pushups
H = 15 seconds run in place	P = 5 jumping jacks	Y = 10 second stretch
	Q = 10 second wall sit	Z = 5 frog hops



My name is: _____

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

CELEBRATE AND REFLECT

The Adventure of Ranger the Dog

Read and Move!

Ranger the dog woke up feeling very **energetic**. (act energetic)



He **stretched** his paws high up to the sky.

(Reach your arms up high!)

Then, Ranger decided to go find his ball outside.
He stepped forward carefully, one big step at a time.

(Take 5 big steps in place!)

Suddenly, he heard a rustling sound.
Ranger **turned his head** to look around.

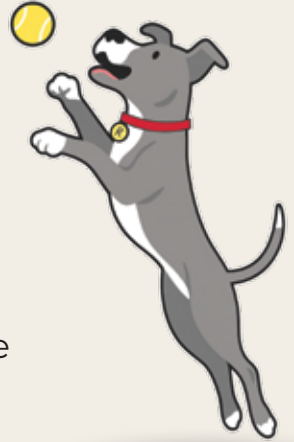
(Turn your head slowly left and right 3 times!)

A squirrel started jumping from tree to tree.
Ranger wanted to join them, so he **jumped** too!

(Jump up and down 10 times!)

After all that jumping, Ranger decided to go inside
and do another **big stretch**!

(Reach down and touch your toes 4 times!)



Feeling refreshed, Ranger **ran** back to his spot on the couch.

(Run in place for 15 seconds!)

Before going to sleep, Ranger yawned and curled up into a ball.

(Curl up on the floor or chair and take 5 deep breaths!)

What a busy day for Ranger the dog!



Sign up for a **FREE** soccer program near you! Visit buffalosoccerforsuccess.com for a list of dates and sites.

KIDS RUN

AN INDEPENDENT HEALTH FOUNDATION EVENT

Ready! Set! Go! **Kids Run Buffalo** is back at Delaware Park on Saturday, June 6th. Sign up for this **FREE** family run today—visit kidsrunbuffalo.com for registration and for more information.

JOKE

Why did the banana go to yoga class?

It splits!
To learn how to split!

Play "**Follow the Leader**" with your family or friends.
March, hop, tiptoe, or stretch—everyone copies the moves!

AT HOME TIP



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