



# HELLO SUMMER



## Healthy and Active Summer Choice Board

Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement. During Summer Vacation, keep this choice board on your wall or refrigerator for ideas for staying healthy and active.

**Student Name:**

|   |   |  |   |
|---|---|--|---|
| <p>It's Summer Vegigation!<br/>That means it's time to eat veggies as often as you can. Can you eat veggies with lunch, dinner and a snack today? If so, you earn a Vegigation Celebration!</p>   | <p>Move safely <i>with balance</i>. Do 3 of the locomotor skills below. Ask someone to give you a balance score (1–10).</p> <ul style="list-style-type: none"> <li>• 1=You Fell Down</li> <li>• 10=Perfect Balance</li> </ul> <p>Locomotor Choices:<br/>Gallop, Hop, Jump, Leap, Skip, Side-Slide</p> | <p>Make a list and check it twice! Find a friend or family member to be active with during summer vacation. Together, create a list of the "Top 5 Ways You'll Be Active Together." Choose a variety of activities to help keep your heart healthy and your muscles strong.</p> | <p>Push-Up Points<br/>You get 1 point for every perfect push-up you complete today. Complete them in sets of 10. Spread your sets throughout the entire day. Write down how many points you get and then try to break your record on another day.</p>   |
| <p>Healthy Food Scavenger Hunt: Look in your kitchen and find 5 healthy foods. Bonus if you find 1 from every food group.</p>   | <p>Play a game of catch! Any ball or safe object will do. Focus on form. Step to your target and follow through. Challenge: after 3 successful catches take a step back.</p>  | <p>Jumping Jack Challenge<br/>Throughout the day do 200 jumping jacks! You can do them in sets of 10, 20, 25, 50!</p>  | <p>Go for a 20-minute walk with an adult family member or friend. Ask them to tell you a funny story from their childhood.</p>  |
| <p>Take a 15-minute WOG!<br/>A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.</p> | <p>Your activity choice!<br/>Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to <u>safely</u> move your body. Go do that for at least 15 minutes.</p>   | <p>Hopscotch for Health!<br/>Legend tells us that hopscotch was a fitness drill used to train warriors and knights. We just think it's fun and helps to keep us active and strong. Play a round of hopscotch with a friend or family member.</p>                               | <p>Eat Fruit and Feel Great!<br/>Eat a serving of fruit with every meal today. AND, eat fruit for at least 1 snack. TIP: 1 glass of 100% fruit juice can count as 1 serving of fruit (but only 1 glass). All other servings must be fresh, frozen, or canned. <i>(Fresh and frozen are best if possible.)</i></p> |

Highlight each choice-board square that you complete and then submit your completed board to your physical education teacher.