



YOUR HOMEWORK CHALLENGE

60 minutes of daily physical activity for 3 weeks.



Colour in 1 star for every 10 repetitions (times) you complete the daily exercise



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week 1	Jumping Jacks ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Squats ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Kneel Ups ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	High Knees ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Long Jump ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	
Extra Physical Activity						
Week 2	Jump & Reach ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Knee Raise PullDown ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Quick Feet ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Line Jumps ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Bear Crawl ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	
Extra Physical Activity						
Week 3	Stair Stepper ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Air Boxing ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Mountain Climbers ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Shooting Hoops ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	Plank Jacks ☆☆☆☆☆ ☆☆☆☆☆ What: _____ How long for: _____	
Extra Physical Activity						
What do you like most about exercise: What do you dislike about exercise: What NEW Sport would you like to try:						

WEEK 1

Jumping Jacks

Start with knees slightly bent, hands and legs as shown. Jump as high as you can, extending your arms and legs, then land in the starting position.



Squats


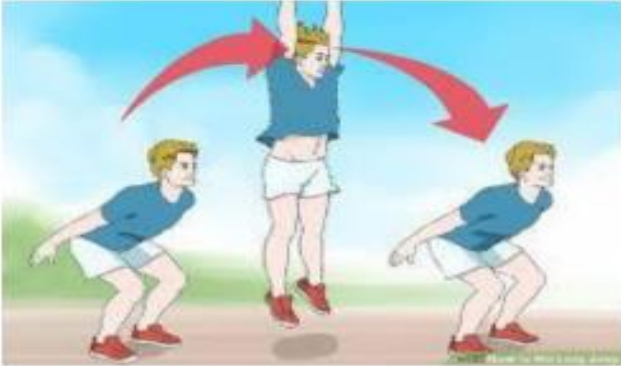
Stand with feet hip-width apart, hands on the hips, and slowly sink down, bending at their knees and hips. Make sure to keep your back straight, and try not to let your knees pass over the ends of your toes. Slowly rise back to standing position, and repeat.



Kneel Ups

Start by kneeling down. In your own time bring yourself to a standing position, one leg at a time. Try to do this without using your hands to support.



High Knees	Start in a standing position. Lift your knees, one at a time so your thighs are parallel to the ground. Add arm swinging and pick up the pace a little. Try to remain in the same spot throughout the exercise.	 A silhouette of a person performing high knees, set against a light green circular background. The person is shown in profile, with one leg raised high, knee bent, and arms swinging.
Long Jump and Jog Back	Stand with feet hip width and a slight bend in knees. Swing both arms back and bend a little deeper, then swing arms forward and jump forward as far as possible with both feet, landing lightly on the balls of your feet. Now, as quickly as possible, jog backward to starting place and repeat.	 An illustration showing three stages of a long jump and jog back exercise. The person is shown in a starting crouch, then in mid-air with arms and legs extended forward, and finally landing and jogging backward. Red arrows indicate the forward swing of the arms and the backward direction of the jog.