

NAME:

WEEK 2 JUMPING

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Wash your hands for 20 seconds



Jump up and down 10 times

Try a Fit 5 Endurance Exercise

PG 4

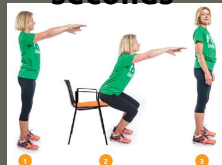
Jumping Jacks 30 seconds



Eat 5 vegetables



Squats for 30 seconds



JUMP! Focus on the arm swing!



Try a new healthy food



"Bunny Hops" forward



Bounce to your favorite song!



Jump over a line



Drink 5 bottles of water in a day



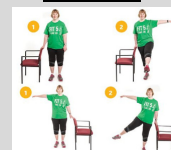
Try a Fit 5 Balance Exercise

PG 14

Toe Raises for 30 seconds



Straight Leg Raises



10 Squat - Jump!



Eat 5 different fruits



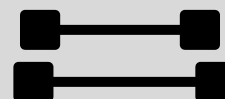
Play Hopscotch



Quadriceps Stretch



Jump from line to line



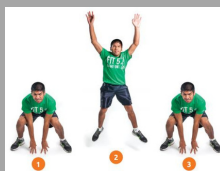
Try a Fit 5 Strength Exercise

PG 8

"Bunny Hops" backwards



10 Frog Jumps



Lunge around the classroom



Modified Hurdler's Stretch



COMPETITION

SINGLE: Measured Long Jump and/or Measured Vertical Jump
UNIFIED: Measured Long/Vertical Jump added to Partner for total