

NAME:

WEEK 1 RUNNING

B

I

N

G

O

Leg Swings
10 with both
legs
PG 16

**Eat 5 different
fruits**



**High Knees for
your favourite
song**



Try a Fit 5
Strength
Exercise
PG 8

**As many
jumping jacks
as you can
(30sec)**



**Skip around
your classroom**

**Tip Toe for as
long as you
can!**



**Walk around
your classroom**



**Do side arm
raises! Add
weight!**



**Wash your
hands for 20
seconds**



Try a Fit 5
Endurance
Exercise

PG 4

**Walk
backwards**



**Eat 5
vegetables**



**Dance to your
favorite song!**



**Balance on
your RIGHT
leg**



**On your mark
Set
GO**



Race a Friend!

Try a Fit 5
Flexibility
Exercise

PG 12

**Jog 2
times
this
week**



**Drink 5 bottles
water in a day**



Walk a LINE



**Try a new
healthy food**



**Chair
squats!**



**Balance on
your LEFT
leg**



Try a Fit 5
Balance
Exercise

PG 14

**Knee to Chest
Stretch (Fitness
Cards)**



COMPETITION

SINGLE: Timed 10M run, Time 20M run, Timed 50M run

UNIFIED: Timed 10M run, Timed 20M run, Timed 50M run (add athlete and partner score together)