

Ways for Sidway Students to Stay Active!



Created by Mrs. Martinez & Mr. Willats

Promoting getting outside while practicing social distancing.

WE ALL WANT OUR FAMILIES TO STAY PHYSICALLY HEALTHY, BUT WE NEED TO STAY MENTALLY HEALTHY AS WELL, AND WE SHOULDN'T IGNORE THE IMPORTANCE OF GETTING OUTSIDE DURING THIS ESPECIALLY CHALLENGING TIME.

SPENDING TIME OUTSIDE COULD CALM YOUR AND YOUR KIDS' NERVES, WHICH, IF YOU HAVE ALL BEEN COOPED UP TOGETHER FOR DAYS, COULD BE HELPFUL.

Being in nature, for ANYONE, can have positive effects on health and wellbeing. Studies show that spending a lot of time outdoors will reduce mental health issues, reduce stress levels and anxiety and increase your energy.

Benefits of being outdoors

- **THE OUTDOORS BOOSTS YOUR IMMUNE SYSTEM.**
- **THE OUTDOORS IS GOOD FOR YOUR VISION.**
- **THE OUTDOORS PROVIDES YOU WITH FREE AROMATHERAPY.**
- **THE OUTDOORS ENHANCES CREATIVITY.**
- **GIVES YOUR A DOSE OF VITAMIN D**
- **IT FEELS EASIER TO EXERCISE OUTDOORS.**
- **THE OUTDOORS RESTORES YOUR FOCUS.**

In this packet you will find creative, simple ways to get your kids moving indoors & outdoors, you can print or a phone to implement these ideas.

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PLAY~CREATE~EXPLORE

Use this exercise tracker to motivate
your kids to PLAY everyday.

Each day they do, have them
color in a big circle

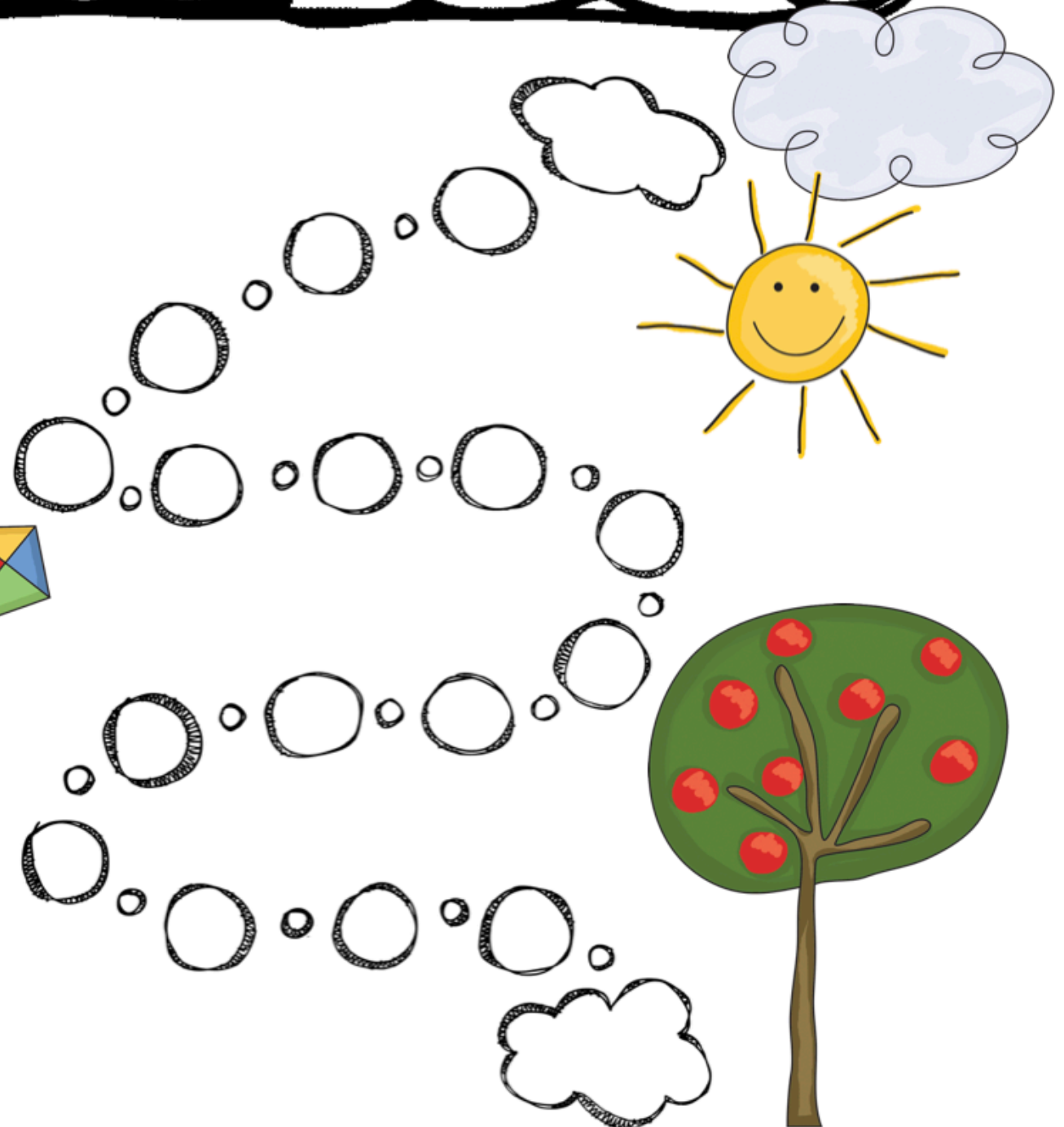
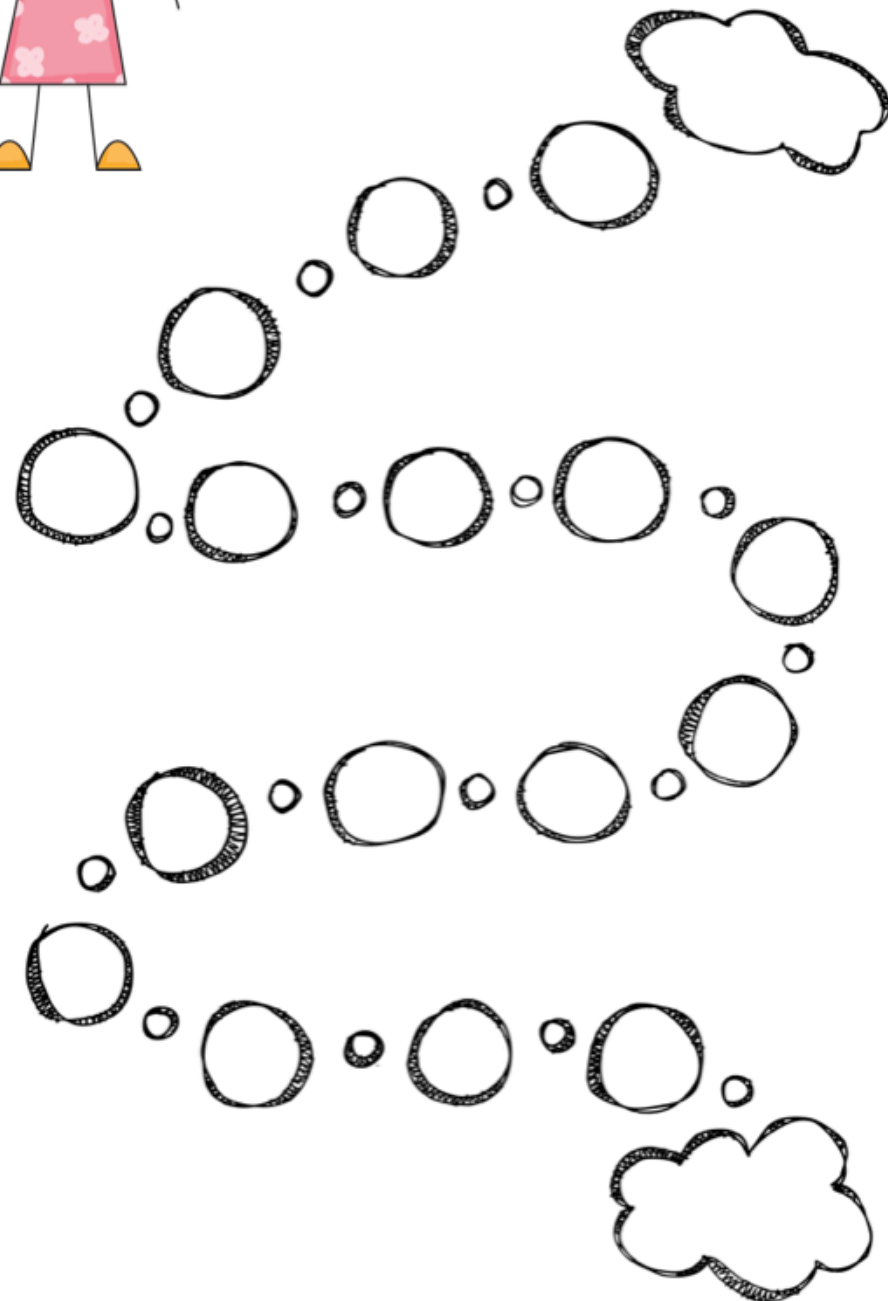


be creative & have fun

PLAY~CREATE~EXPLORE

(BE A KID, GO PLAY, CREATE THINGS & EXPLORE)

(Color in the circles or cover it with a sticker each time you play!)



Exercise Bingo

Challenge your kids to practice feeling happy by exercising!
Have them fill in the bingo sheet,
recognize their efforts by keeping it simple.

HAPPY MOVING!





Happiness Habit

Exercising everyday helps you feel
HAPPY!!!



I exercised on my bike.	I exercised in my living room.	I exercised on something with wheels(_____).	I exercised on a hike.	I exercised on a bike path.
I exercised in my kitchen.	I exercised with my family.	I exercised in a front yard.	I exercised while playing a game.	I exercised in the backyard.
I exercised by jumping rope.	I exercised on a playground.	FREE SPACE I exercised _____.	I exercised by playing catch.	I exercised by practicing my sport skills.
I exercised with my brother, sister or cousin.	I exercised by doing warm-up exercises.	I exercised in a ball.	I exercised by challenging myself _____.	I exercised by racing someone.
I exercised in a basement.	I exercised by dancing.	I exercised with a pet or animal.	I exercised by myself in my room.	I exercised by learning something new.

TURN OFF TECHNOLOGY CHALLENGE

America Academy Pediatrics Screen Time Recommendations:

- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

**simply encourage your child to limit their screen time per day
and find other ways to play!**



TURN OFF TECHNOLOGY

Reduce your screen Time and increase your brain power & fitness!



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COLOR	PLAY CARDS	MAKE A CRAFT	DANCE	EXERCISE
PLAY A BOARD GAME	BUILD A FORT	FREE SPACE YOUR CHOICE _____	MAKE UP A DANCE	PLAY WITH BLOCKS OR LEGOS
PLAY PLAYDOH, PAINT OR A PUZZLE	MAKE AN OBSTACLE COURSE	CREATE A PLAY OR A SHOW FOR YOUR FAMILY	READ A BOOK & PRACTICE WRITING	PLAY WITH TOYS THAT DON'T MAKE NOISE

Name _____

MOVE LIKE A "MON-STAR"

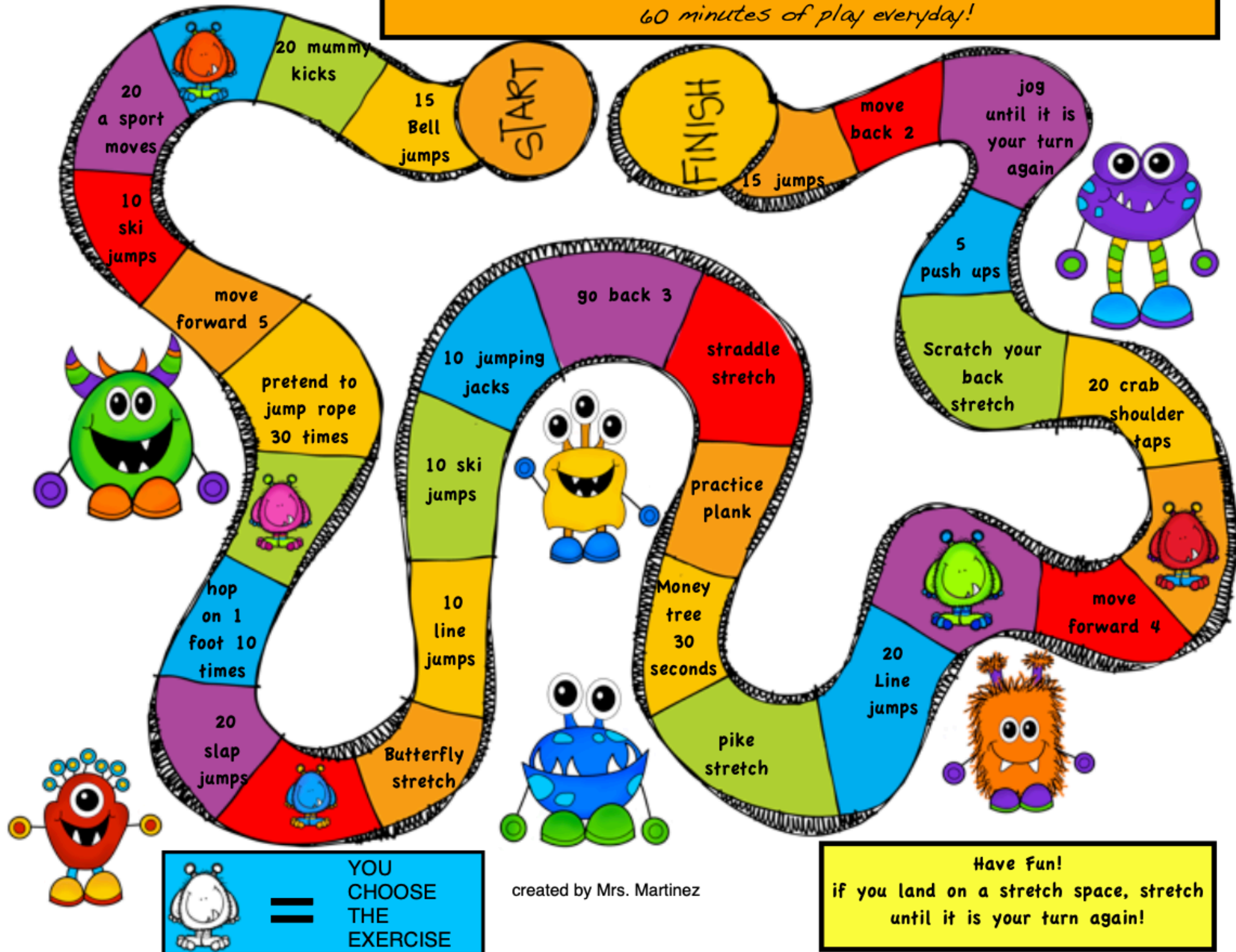


Grab a die, and exercise with this game board.

HAPPY MOVING!

Move Like a "Mon-Star" Fitness Game

60 minutes of play everyday!



created by Mrs. Martinez

Fitness in a Park

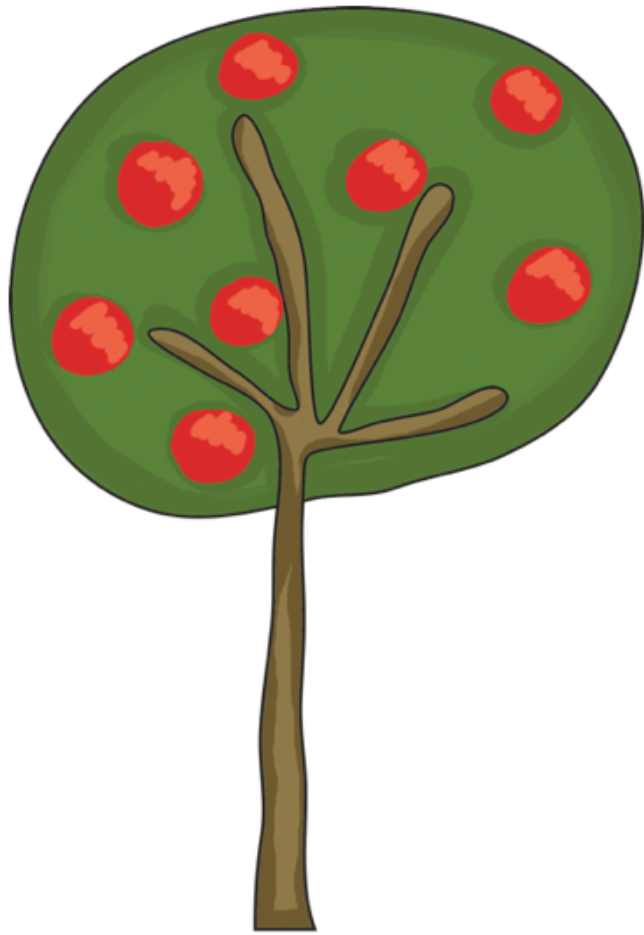
Take your kids to a park and get them moving, read off each challenge and have them complete the list.

If you don't know the exercise, make it up.



HAPPY MOVING!

Fitness in a PARK challenge



Complete these exercise challenges in a park

- run & touch 3 trees
- do 5 tree push ups
- do 10 jumping jacks by a garbage can
- do 5 WOW crunches with someone
- do 8 star jumps by a table
- skip to a tree & then skip around it 3 times
- stretch while sitting on a leaf
- do the plank on your elbow while saying the ABC's
- do 2 stretches behind the person reading this paper
- collect a piece of garbage & put it in a can
- turn around and take 25 steps & then do 8 squats
- jog around and count to 100
- gallop and touch 5 sticks
- do 10 marching push ups over a stick
- do 8 ski jumps by a stick
- dance walk to the garbage can, table & then a tree

Make up 5 of your own exercises in the park

Fitness on a playground or a beach

Take your kids to a playground or the beach and get them
moving,

read off each challenge and have them complete the list.



If you don't know the exercise, make it up.

HAPPY MOVING!

Fitness in a PLAYGROUND challenge



Fitness on a BEACH challenge

Complete these exercise challenges at the playground

- go down a slide then do 5 rocket jumps
- complete the rock wall (if there is one)
- do 2 stretches at the top of the slide before going down
- climb across something
- do the push up plank under something for 15 seconds
- spin on something counting to 50 by 10's
- jog around the outside of the playground 2 times
- high five someone playing
- start on one side of the playground and move to the other side without touching the bottom
- on a step, do 10 heel raises
- in front of the playground do 15 guitar jumping jacks
- stretch somewhere fun on the playground
- swing for 3 minutes
- if there is a safe spot, find a bar to do 3 pull ups or hold your chin over a bar for as long as you can
- sit on a bench and stretch
- find something to bounce on 10 times
- practice balancing on something
- gallop around and touch the colors of a rainbow
- on each side of the playground complete 5 slap jacks

Make up 5 of your own exercises to do at the playground

Complete these exercise challenges at a beach

- draw your favorite shape in the sand
- hop around your shape 2 times
- do the side plank inside your shape
- pretend to jumprope for 1 minute in your shape
- sit and stretch inside your shape
- do 10 criss cross jumps inside your shape
- superman inside your shape
- do lunges around your shape
- crab walk around your shape
- draw another shape 40 feet away from your first shape
- race some from shape to shape
- gallop down to your 2nd shape and do 10 crab position kicks
- power walk around the shapes 2 times
- skip down to your 2nd shape and do 8 elbow to knees
- slide sideways & do a stretch inside the 2nd shape
- dance walk & do 5 turn jumps inside the 2nd shape
- stretch with someone

Make up 5 of your own exercises at the beach



In your front yard

Simply set up 4 cones or use the number cards below (or you can just use whatever you have). Spread out a pile of cards face down. Put on some music. Read one card at a time and complete the task. Collect the card or place it back in the pile. Pick a new card and keep moving!

print out as many of the blanks and write your own challenges on them.

Have fun getting fit with these FROGS!

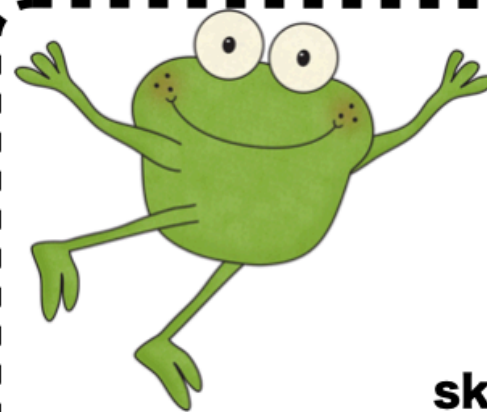


**stretch
your arms &
hug a tree for
10 seconds**

(no tree, that's ok...just
hug someone)



**in front
of your front
door do
10 jumping jacks**



**skip
across your
yard and back**



**crab walk
around a
tree 2 times**

(no tree, that's ok...just
go around someone)

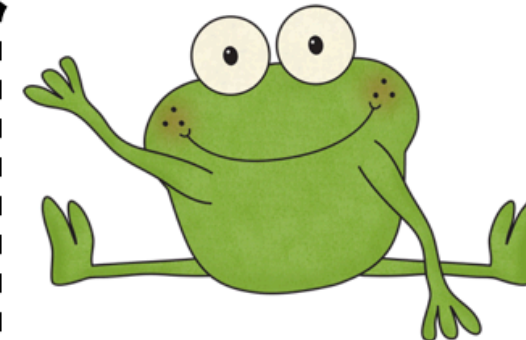
**do 5 star jumps in
front of each window**



**complete
2 stretches
by your mailbox**



**complete 5 crunches
at 3 different cones**

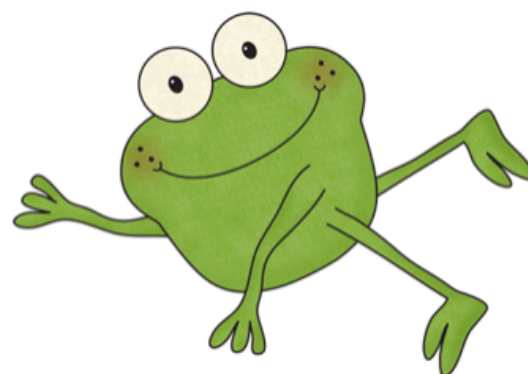


**Run & lightly touch 5
different leaves
around your yard**

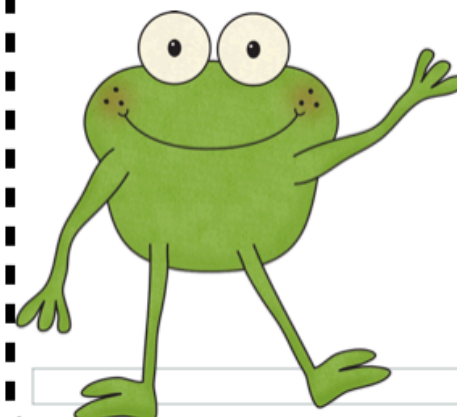
**complete
3 stretches
by a bush**



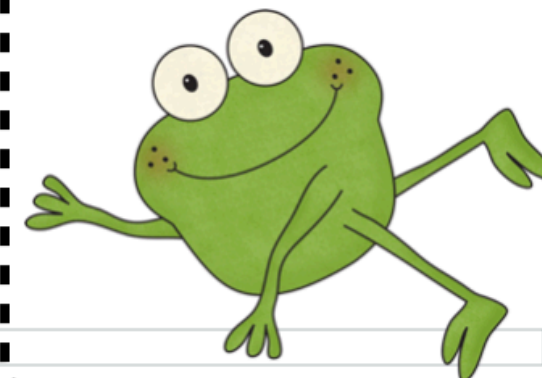
**jog around the
4 cones 2 times**



**Sprint from
cone #2 to #3**



**ski jumps 12 times
at your front door**





**slide around
your trees
3 times**

(no tree, that's ok...just
go around someone)



**Run &
touch your address,
mailbox and ring
your door bell!**



**Run across
your yard
from cones #1 to #3
and back**



**bear walk
around cone #2,
3 times**



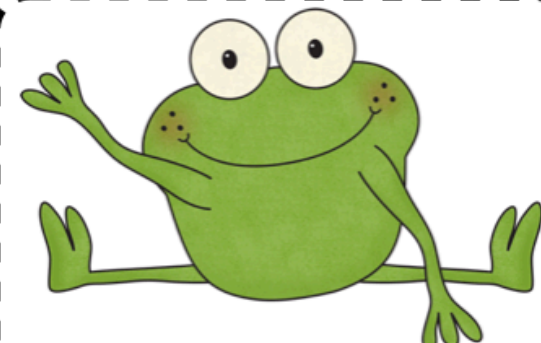
**dance walk around
all 4 cones**



**In the middle of the
yard, do 15 mountain
climbers**



**pretend jump rope
20 times at cone
number 2**



**do 100 jumping jacks
counting by 10's**



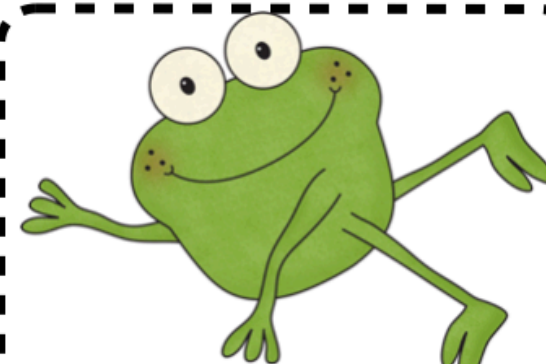
**gallop in a giant
circle 2 times**



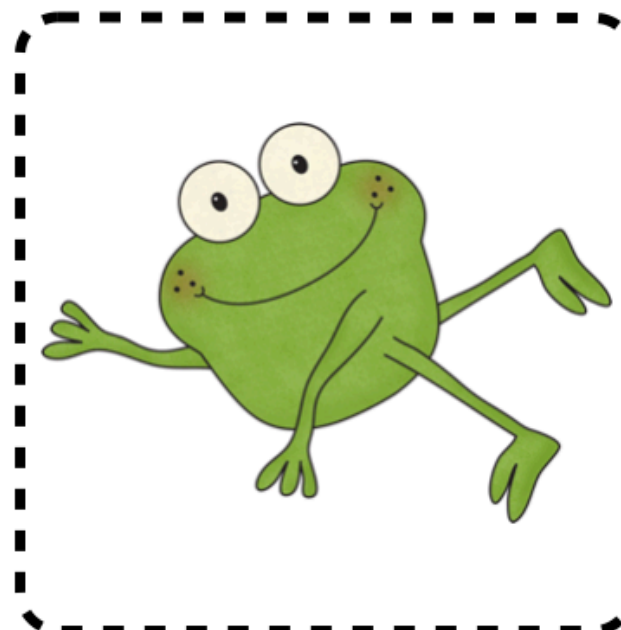
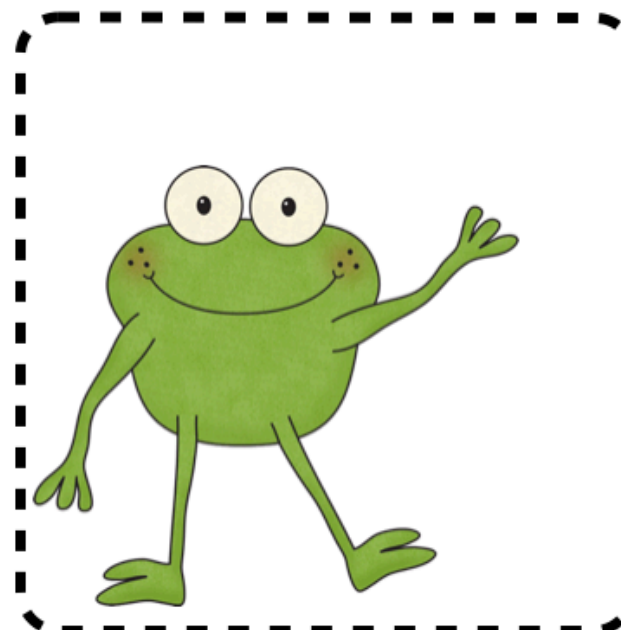
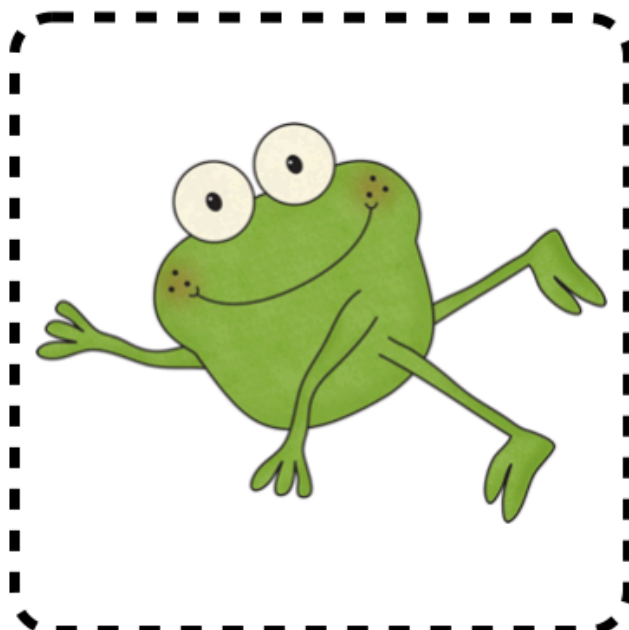
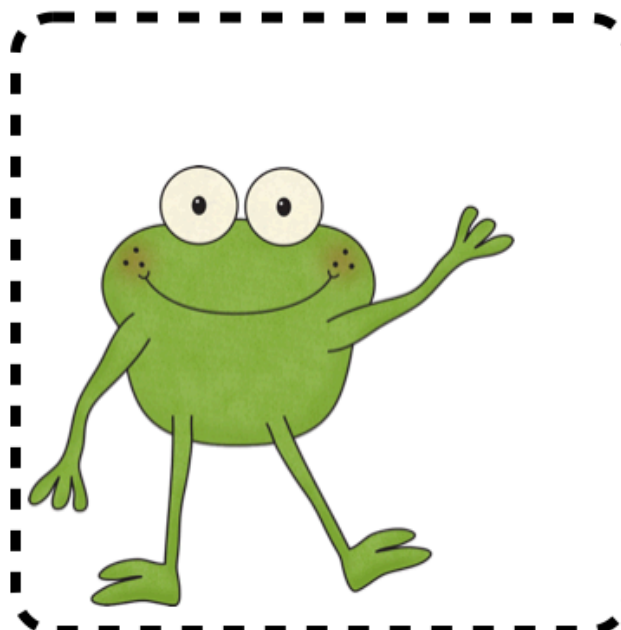
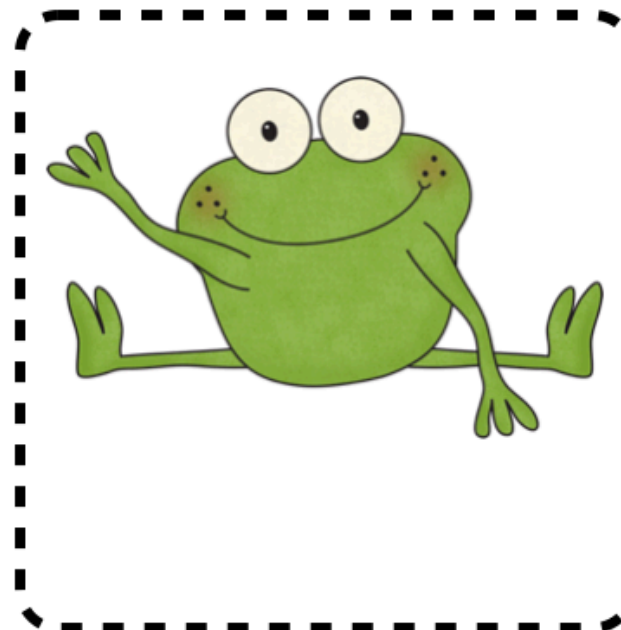
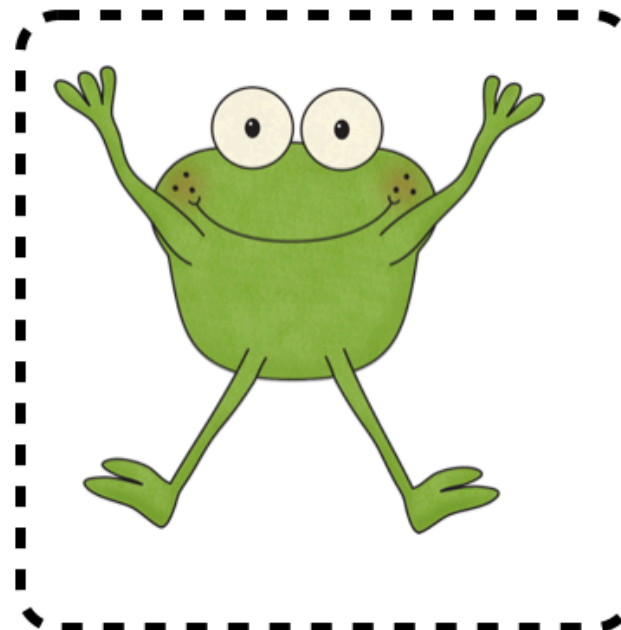
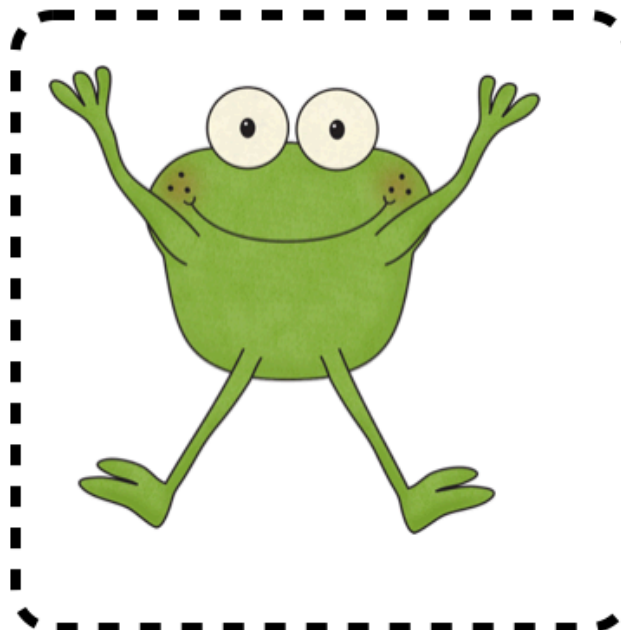
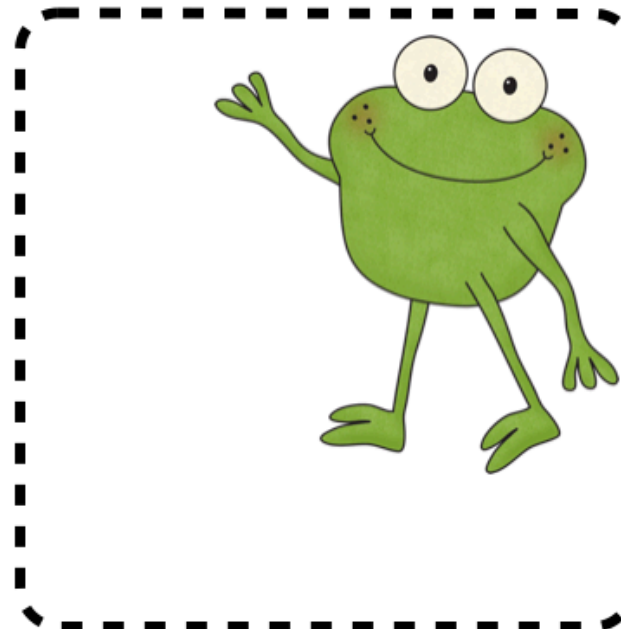
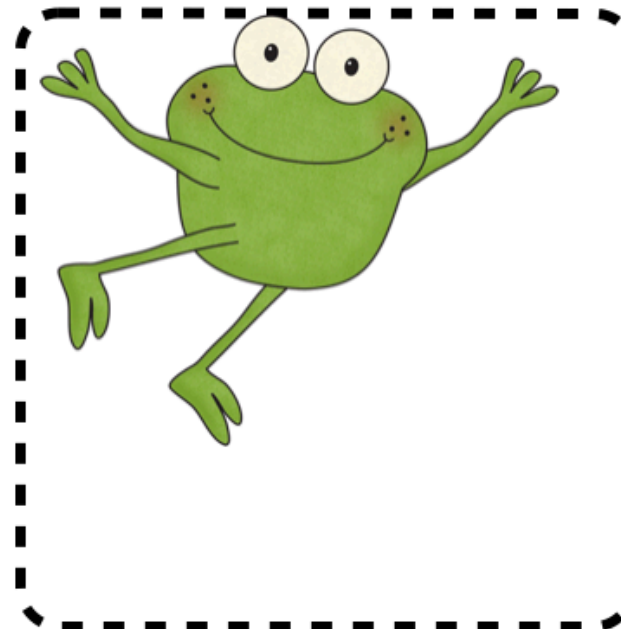
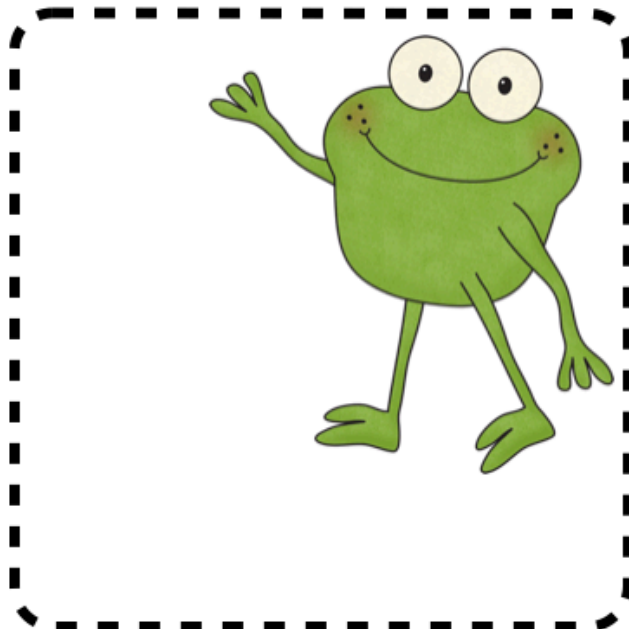
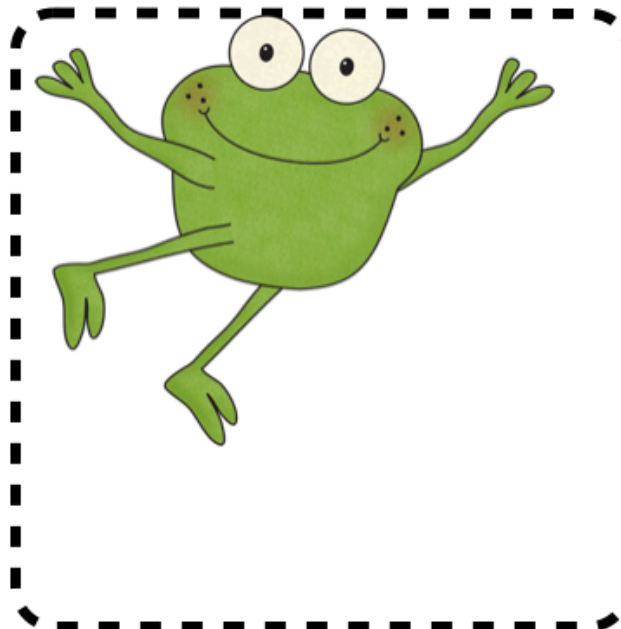
**do the plank &
count to 25
at cone # 1**



**karaoke step around
cones #3 & #4
2 times**



**In push up position
complete 10 shoulder
taps**

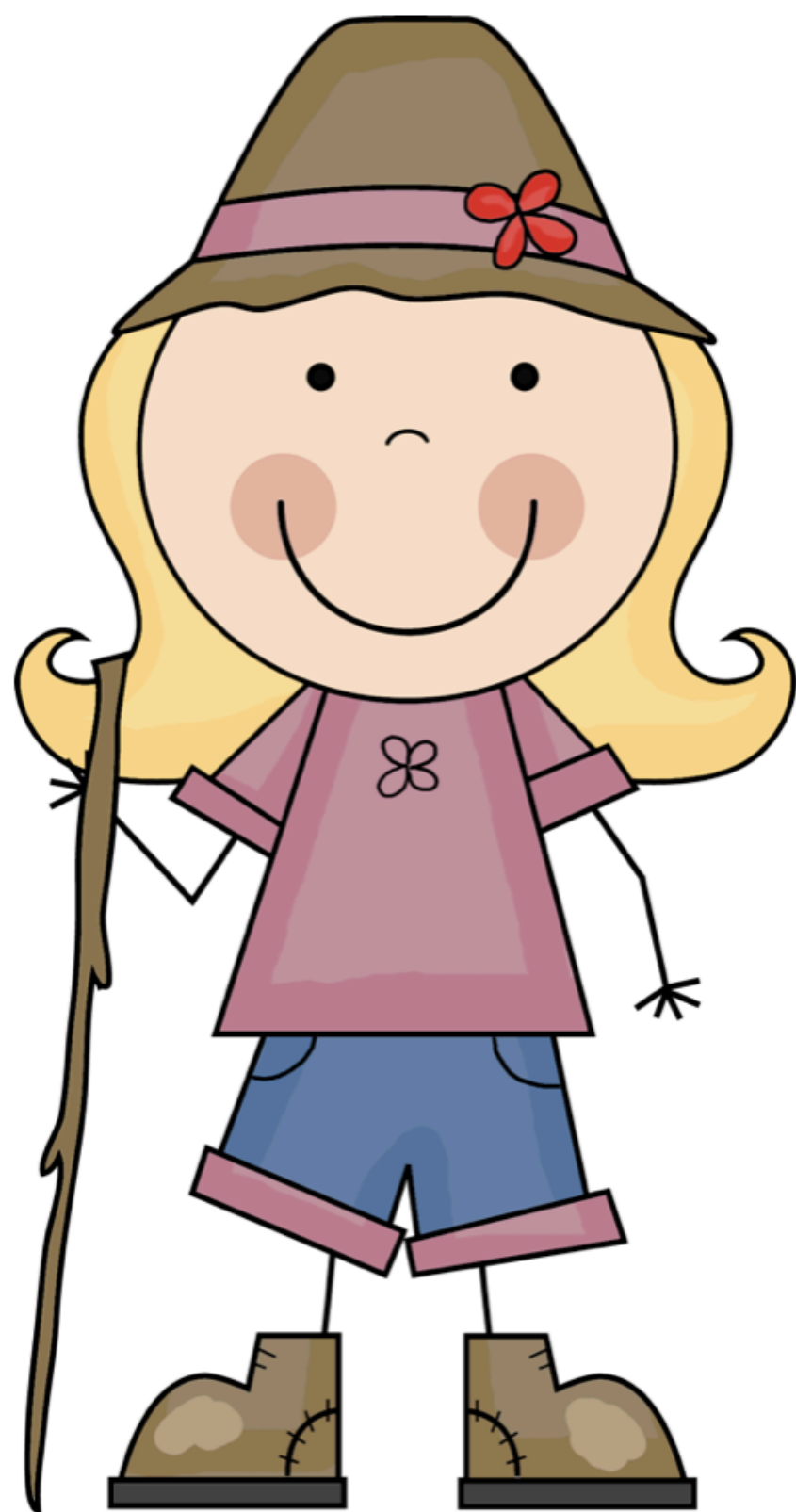


MOVE YOUR FEET OUTDOOR CHALLENGES

Pick some different ways to move your feet from the checklist and then have them journal about moving your feet outdoors.



HAPPY MOVING!



Move Your Feet Outdoors Challenges

CHECK OFF

- ☐ I moved my feet in a neighborhood
- ☐ I moved my feet in on a bike path
- ☐ I moved my feet in a park
- ☐ I moved my feet on a hiking trail
- ☐ I moved my feet around a track
- ☐ I moved my feet by dance walking
- ☐ I moved my feet by walking
- ☐ I moved my feet by power walking
- ☐ I moved my feet by jogging
- ☐ I moved my feet by running
- ☐ I moved my feet while sprinting
- ☐ I moved my feet by hiking
- ☐ I wore a pedometer while moving my feet and tracked my steps
- ☐ I timed myself while moving my feet
- ☐ I beat my time while moving my feet
- ☐ I raced someone
- ☐ I moved my feet by tracking my distance
- ☐ I moved my feet by playing tag

Get your feet MOVING outdoors Journal Entry

My favorite way to move on my feet is _____

I like moving my feet with _____

I love moving my feet at _____

(Here is a picture of my feet MOVING outdoors!)



Be a KID CHALLENGES

Pick different challenges from the checklist to play, create and explore and then journal about being a kid.

HAPPY MOVING!





BE A KID CHALLENGES

PLAY CREATE EXPLORE

- ☐ I can play outside
- ☐ I can create games outside
- ☐ I can explore nature outside
- ☐ I can try new things
- ☐ I can laugh & have fun
- ☐ I can be silly
- ☐ I can build things
- ☐ I can create things
- ☐ I can look up at the sky see pictures in the clouds
- ☐ I can collect things
- ☐ I can make things to play with
- ☐ I can smell different flowers
- ☐ I can enjoy watching animals
- ☐ I can slow down
- ☐ I can enjoy being outside being a kid
- ☐ _____
- ☐ _____

Play Create Explore Journal Entry

Outside I like to play _____

Outside I like to create _____

Outside I like to explore _____

(Here is a picture of me playing, creating and exploring outside)



Sport Skill CHALLENGES

Pick different sport skills challenges from the checklist.

HAPPY MOVING!





Stack Up Your Sport Skills CHECK OFF

- ☐ I practiced my sport skills by myself
- ☐ I practiced my sport skills with my family
- ☐ I practiced my sport skills by **scoring** points
- ☐ I practiced my sport skills by **aiming** a target
- ☐ I practiced my sport skills by seeing how **far** I could go
- ☐ I practice my sport skills by seeing how **fast** I could go
- ☐ I practiced my sport skills by playing a **mini game**
- ☐ I practiced my sport skills in a game I created

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Stack up my sport skills Journal Entry

My favorite sport is _____

I am good at _____

I am working on getting better at _____

(Here is a picture of me playing a sport)



Workout on wheels

CHALLENGES

Pick different challenges from the checklist and get moving on your wheels.

HAPPY MOVING!





Workout on Wheels Challenges

CHECK OFF

- ☐ I moved on wheels in a neighborhood
- ☐ I moved on wheels in a driveway
- ☐ I moved on wheels on a bike path
- ☐ I moved on wheels on a sidewalk
- ☐ I moved on wheels in an EMPTY parking lot or smooth surface
- ☐ I moved on wheels on a trail in the woods
- ☐ I moved on wheels by a beach
- ☐ I moved on wheels by or in a park
- ☐ I created & moved on wheels on an obstacle course
- ☐ I timed myself on wheels
- ☐ I tracked how long I went on wheels
- ☐ I moved on wheels with my family
- ☐ I play "What direction?" game on a wheels
- ☐ I play "follow the leader" in an open space
- ☐ _____
- ☐ _____

Workout on Wheels Journal Entry

On wheels, I know how to _____

On wheels, I love to _____

On wheels, I want to get better at _____

(Here is a picture of me moving on wheels!)



Go on a nature hunt

Go outside and go on a nature hunt.









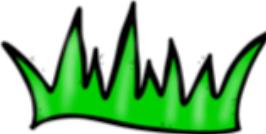



HAPPY MOVING!















Scavenger Hunt

Nature walk

Scavenger Hunt

			
flower	soil	worm	tree
			
cloud	butterfly	bird	sun
			
grass	bee	acorn	leaf

	A stick taller than you <input type="checkbox"/>		A leaf bigger than your hand <input type="checkbox"/>		A rock with stripes <input type="checkbox"/>
	A tree with bumpy bark <input type="checkbox"/>		A tree with smooth bark <input type="checkbox"/>		A patch of green grass <input type="checkbox"/>
	An animal foot print <input type="checkbox"/>		A squirrel <input type="checkbox"/>		A bird <input type="checkbox"/>
	A blooming flower <input type="checkbox"/>		A stick the size of your arm <input type="checkbox"/>		Animal poop <input type="checkbox"/>

Great Online Resources

www.pegang.com

openphysed.org