

Hello Woodlands School Families,

As part of the planning process for the upcoming school closure, we have looked into ways to help keep your kids physically active while at home. Many students will find themselves with an abundance of down time, much more than they're used to. Not only will we be able to maintain skill and fitness development, but the activities below will hopefully help take their minds off the current situation, eliminating stress and providing an enjoyable relief with all the benefits we know physical activity provides.

*Most Epic Fitness Challenge Ever* – a weekly challenge in which kids (and adults) can track their progress. Can do it for 25 days or less....or more depending on your goals.

*Fitness Card Activities* - Draw a card or two during commercial breaks and perform the exercise. These are fun yet physical activities to get your kids moving.

*Playing Cards Fitness* - Pull out a couple cards per day and perform the exercises associated with the value of the card. There are phone apps available that will randomly select a card.

*Roll the Dice Workout* - Roll 2 dice and perform the workout. The sum of the 2 dice determines the activity you do. There are plenty of apps for random dice rolling if you don't have any dice at home.

*Dice Fitness Grid Game* - Roll 2 dice and perform the exercise. This is a quick way to burn off some energy levels.

Thank you for identifying physical activity as a valuable aspect of your child's education and your cooperation in helping create a routine while away from school, that includes physical activity.





















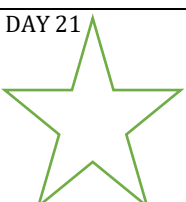
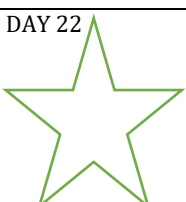
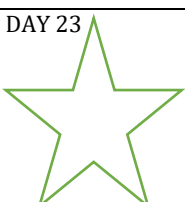
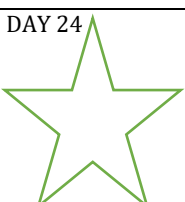
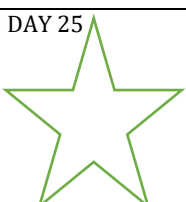
If you have any questions or concerns, please feel free to contact me via email. Furthermore, if you are unable to print out any of this attached pdf file I will be more than happy to provide you with a paper copy that can be picked up at the school.

Tim Lee  
Principal  
Woodlands School  
[tlee@isd21.mb.ca](mailto:tlee@isd21.mb.ca)

# The Most Epic Fitness Challenge Ever!!

**KIDS CAN CHECK  
OFF OR MARK EACH  
STAR WITH A  
STICKER AS A DAY  
IS COMPLETED.**

**THE EXERCISES:**  
**JUMPING JACKS**  
**LEAP FROG**  
**JUMPS**  
**PUSH-UPS**  
**BEAR CRAWLS**

<b>DAYS 1-4</b> Do Each Exercise <b>5 Times</b> Day 5 - Rest!	DAY 1 	DAY 2 	DAY 3 	DAY 4 	DAY 5 
<b>DAYS 6-9</b> Do Each Exercise <b>8 Times</b> Day 10 - Rest!	DAY 6 	DAY 7 	DAY 8 	DAY 9 	DAY 10 
<b>DAYS 11-14</b> Do Each Exercise <b>10 Times</b> Day 15 - Rest!	DAY 11 	DAY 12 	DAY 13 	DAY 14 	DAY 15 
<b>DAYS 16-19</b> Do Each Exercise <b>12 Times</b> Day 20 - Rest!	DAY 16 	DAY 17 	DAY 18 	DAY 19 	DAY 20 
<b>DAYS 21-24</b> Do Each Exercise <b>15 Times</b>	DAY 21 	DAY 22 	DAY 23 	DAY 24 	DAY 25 
<b>DAY 25 – The Big Finish!</b> Do each exercise <b>20 Times!</b>					

# FITNESS CARD ACTIVITIES

Get your kids moving by picking 1 or 2 of these fun yet physical activities each day. You can even do it while watching TV during the commercials. There are 2 extra spaces for you to make up your own crazy activity.

Shake your whole body	Hop like a frog	Bend down and touch your toes 10 times	Pretend to milk a cow
Jump up and down	Walk on your knees	Show off the muscles in your arms	Scream
Spin around in circles	Lay on your back & pedal your legs in the air like you are on a bike	Reach behind you and try and hold your right foot with your left hand without falling over	Take 5 of the biggest steps forward that you can
Do a cartwheel	Pretend to sit in an invisible chair 5 times	Reach behind you and try and hold your left foot with your right hand without falling over	Pretend to lift a car
Do a somersault	Hold your arms out at your side and make circles with them in the air	Lay on the floor and stretch out as far as you can 10 sec	Do the strangest dance you can think of
Wave your arms above your head	Hop on your right foot 10 times	Pretend to shoot a basketball 10 times	Take 5 of the biggest steps backwards that you can
Walk like a bear on all 4s	Hop around like a bunny	Pretend to jump rope for 10 sec	
Walk like a crab	Balance on your right foot for a count of 10	Pretend to ride a horse	

# PLAYING CARD FITNESS

A – STRETCH FOR 30 SECONDS

K – 15 JUMPING JACKS

Q – 30 SEC PLANK

J – GO UP AND DOWN YOUR STAIRS TWICE

10 – TEN LINE JUMPS

9 – TEN ARM CIRCLES

8 – TEN CALF RAISES

7 – FIVE SUPERMANS

6 – TEN BICYCLE SIT-UPS

5 – TEN TUCK JUMPS

4 – TEN SHOULDER TOUCHES

3 – TEN VERTICAL JUMPS

2 – 5 BURPEES



# ROLL THE DICE WORKOUT

Want a different workout every time?

Just roll the dice!

All you need is 2 dice and some room to workout.

The sum of the 2 dice determines the activity you do.

ROLL a 2 – 100 jumping jacks

ROLL a 3 – 20 lunges (10 each side)

ROLL a 4 – 20 high knees (10 each side)

ROLL a 5 – 15 push-ups

ROLL a 6 – 20 sit-ups

ROLL a 7 – 20 squats

ROLL a 8 – 30 mountain climbers (15 each side)

ROLL a 9 – 40 line jumps

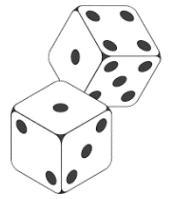
ROLL a 10 – 100 jump ups

ROLL a 11 – 30 butt kicks (15 each side)

ROLL a 12 – 15 burpees



# DICE FITNESS GRID GAME



	1	2	3	4	5	6
1	Walk 10 times around kitchen table	25 Knee Push-ups	50 Jumping Jacks	10 Tuck jumps	High knees for 20 sec	Crab Walk to your bedroom
2	Jog 5 times around kitchen table	15 Sit-ups	30 Push-ups against your fridge	Touch all the trash can in your house	25 Knee Push-ups	Wall Sit for 30 sec
3	25 Jumping Jacks	15 Push-ups	20 Shoulder Touches	Lunges down your hallway	20 Reverse Shoulder Touches	Bear Crawl to your bedroom
4	Lunges down your hallway	Skip to your TV and back	Crab Walk to your bedroom	Imaginary Jump Rope 50 times	Gallop and touch all the doors in your house	Touch all the trash can in your house
5	Wall Sit for 30 sec	Bear Crawl to your bedroom	Jog 5 times around kitchen table	10 Tuck jumps	50 Jumping Jacks	30 Push-ups against your fridge
6	15 Squats	Imaginary Jump Rope 50 times	Run on the spot for 15 sec	10 Coffee Grinders	10 Sit-ups	High knees for 20 sec

