

Y5-1st Grade Fuel Up to Play 60 Exercise Challenge

Directions: The Fuel Up to Play 60 Team hopes you will choose to complete these exercise challenges! The exercises can be completed anytime between Nov.21-Dec.7. Return sheet completed and signed by a parent by Friday, December 8 and your name will be placed in a prize drawing.

Due Date: Friday, December 8



Name: _____

Classroom Teacher: _____

Parent Signature: _____

Day #1 10 Push-ups 30 Jumping Jacks 15 Second Plank	Day #2 20 Frog Jumps 20 Second Plank 1 Round Crab ABC's	Day #3 20 Rocket Jumps 20 Second Plank 30 Seconds Run in Place	Day #4 30 Jumping Jacks 10 Push-ups 20 Seconds Superman	Day #5 10 Squats 20 Second Plank 1 Round Crab ABC's
Day #6 20 Frog Jumps 20 Second Superman 10 Push-ups	Day #7 25 Second Plank 25 Rocket Jumps 1 Round Crab ABC's	Day #8 20 Second Superman 10 Push-ups 10 Squats	Day #9 30 Jumping Jacks 25 Second Plank 30 Seconds Pretend Jump Rope	Day #10 25 Second Superman 25 Rocket Jumps 1 Round Crab ABC's