

Fitness Fun

ACTIVITY CARDS

BRAIN & BODY WARM-UP

ENERGY: The strength and endurance that a person has for physical and mental activity.

People get energy from the food that we eat.

Balance and Breathe I:

- Let's use our Speed Stacks cups to help us practice mindful breathing (If you don't have a Speed Stacks cup, you can use any small safe object).
- Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.
- Need a challenge?! Balance 1 cup in each hand.



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BRAIN & BODY WARM-UP

PHYSICAL ACTIVITY: Any movement of the body that requires energy.

Caleb eats healthy food to give him energy for fun physical activity.

Balance and Breathe II:

- Let's use our Speed Stacks cups to help us practice mindful breathing (If you don't have a Speed Stacks cup, you can use any small safe object).
- Pick any body part and balance the cup on that body part. Now, slowly walk in a small circle in your activity space while balancing the cup. While you walk, practice equal breathing with 4-count inhales and exhales.
- If the cup falls, just pick it back up and try again.



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PURPOSEFUL PRACTICE

FRUIT: One of the 5 food groups that includes sweet edible parts of trees and plants.

Fruit is a healthy food that gives our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy.

Dynamic Warm-up:

- Complete a 6-minute dynamic warm-up routine following the Fitness Fun dynamic warm-up interval card.
- Make sure you have enough room to move safely.



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PURPOSEFUL PRACTICE

VEGETABLE: One of the 5 food groups that includes the nutritious, edible parts of plants.

Vegetables give our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy and strong.

Jump Rope Fitness:

- Complete a 6-minute jump rope fitness routine following the interval routine card.
- If you don't have a jump rope (or don't want to use a jump rope), that's okay. You can perform invisible jump rope skills throughout this routine.



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PURPOSEFUL PRACTICE

FOOD GROUPS: Categories of foods that are similar in the way they grow and the nutrition they provide.

The 5 food groups include fruits, vegetables, grains, protein, and dairy.

Plank Fitness:

- Complete a 6-minute plank fitness routine following the interval routine card.
- If you're having trouble holding full plank position for the entire routine, it's okay to perform a modified or wall plank.



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PURPOSEFUL PRACTICE

FOOD GROUPS: Categories of foods that are similar in the way they grow and the nutrition they provide.

The 5 food groups include fruits, vegetables, grains, protein, and dairy.

Create Your Own 6-Minute Interval Routine:

- Use the CYO Routine Card to create your own High Intensity Interval Training routine.
- Use safe movements. Be creative and add fun skill and drill intervals from your favorite sport.



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JUST FOR FUN (AND HEALTH)

HEALTH: Free from sickness and injury. Feeling physical, mental, and social well-being.

Physical activity and nutritious foods help to protect our health.

Nutrition Fortune Teller I, II & III:

- Let's learn about nutrition using fun Nutrition Fortune Tellers.
- Start by picking the number that matches the picture of a super food. Open and close the fortune teller while counting to that number.
- Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit.
- Next, open the flap, read the fun fact and complete the activity.

