

Active April Challenge Instructions

Students and Parents:

Pick one of the two items per round to advance to the next round and perform that exercise or activity. Try and complete one round per day! Continue this until you have a champion! If you don't have some of the items listed, or access to items, try and create it at home with things around the house. Be safe and be creative!

- 1. Learn a New Dance-YouTube is a great resource for this. Family members could also teach you one. Examples are: Cha, Cha, Slide. Cupid Shuffle, Hokey Pokey, or the Alligator.**
- 2. Create an Obstacle Course at Home and Time Yourself-build a challenging obstacle course (with help from your parents or older siblings) with items in the house (couch, chairs, pillows and tables). Time it if possible.**
- 3. Play Hallway Soccer-find a small hallway in your house or play outside. Be sure to use a softer ball inside.**
- 4. Play Balloon Volleyball-use a balloon or beachball to play a 1 on 1 or 2 on 2 volleyball game. Rally scoring.**
- 5. Hula Hoop-hula for as long as you can. If you don't have one at home use an invisible one! 😊 See who can do it the longest in your house.**
- 6. Exercise Jenga-write exercises on the pieces with a pencil that you must do each time you pull out a piece. Whoever knocks over the tower must plank for 30 seconds.**
- 7. Indoor 3 Point Contest-use rolled up socks and a laundry basket.**
- 8. Do a Dance from GoNoodle-find a few fun dances on GoNoodle.com**
- 9. Vacuum the House-help out with this and other chores around the house**
- 10. Help Cook a Meal-help your family with a meal prep. Remember our healthy food groups and to color your plate with fruits and veggies!**
- 11. Go For a Long Walk or Jog-take the dog for a walk or go for a jog with family members if weather allows.**
- 12. Jump Rope (Long or Short Rope)-see who can jump the most consecutive jumps in your house with a long or short rope. If you don't have a rope at home use an invisible one. 😊**
- 13. Scavenger Hunt-have your family create a scavenger hunt around the house. Time it if you want.**
- 14. Bowling at Home-use old water bottles or any bottle to bowl at home. 2 rolls per frame.**
- 15. Cup Stacking-use your Speed Stacks or any type of plastic cups to build towers or pyramids.**
- 16. 10 Dynamic Stretches at Home-do any of the dynamic stretches we do in class. Have your family do them with you. Examples are: high knees, tail kick, Frankenstein, apple picker, hugs, grape vine, or lunges.**

EXERCISE MADNESS BRACKET

