

Secondary FUN Fitness Week

Directions:

- Classes will use their bingo card with a total of 20 different activities. There will be one strength, one endurance, one flexibility/balance, one mindfulness, one (or two) question(s) of the day.
- **Classes will be challenged to complete as many tasks as possible on the Bingo card by the end of the week.** Although divided by day, classes may complete the tasks in whichever order they choose.
- As you complete your task, make sure to mark it off on your Bingo card and keep track of your score.
- We will end the week with a live session on **Friday, January 24th from 10:30-12:30**. You may find the link for this on the [Secondary Hub](#)
- At the end of the week, you will submit your BINGO sheet via email.
- All activities can be done in a classroom. Please feel free to adapt exercises as needed for your students.
- Each day is broken down below with scoring rules and explanation of activities.

Scoring:

- Every time you complete a square on your BINGO card you will be awarded 5 points. (make sure you mark it off)
- Some activities have the opportunity for bonus points. This will be listed in the instructions. Keep track of your bonus points.
- You will also be awarded points for the following:
 - Completing 1 BINGO line in any direction= 10 points
 - Completing 4 corners= 10 points
 - Completing 2 BINGO lines in any direction= 20 points
 - Completing 3 BINGO lines in any direction= 30 points
 - Completing a full BINGO card= 40 points
- At the end of the week you will submit your BINGO card with your point total. **Email to submit your BINGO card can be found at the bottom of the card sheet!** SOO staff will review cards and add additional points for completing a BINGO!
- Please submit cards by 5:00 on Friday, January 24th.

GOOD LUCK AND HAVE FUN!

Monday Challenges:

1. Three-minute squat challenge:

- a. Teacher will set a timer for three minutes.
- b. Class will try to do as many squats as possible in that time period. The goal is that everyone is in-sync and completing these together while counting as a group.
- c. Teacher will record the number completed on the scoring card.

Scoring:

5 points are automatically awarded for completing the challenge. Bonus points are awarded based on the following criteria.

Minimum points possible: 5

Maximum points possible: 10

10-20 squats= 1 point

21-30 squats = 2 points

31-40 squats= 3 points

41-50 squats= 4 points

50+= 5 points

2. Chair Triathlon

- a. Follow along with the video to complete a chair-triathlon!

Scoring:

5 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

3. Balance Exercise- Strong 4 Life Challenge

- a. Follow along with the Strong 4 Life video to complete this balance activity,

Scoring:

5 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

4. 3 Minute meditation

- a. Follow along with the video to complete a three-minute meditation.

Scoring:

15 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

Maximum points possible: 15

QUESTION OF THE DAY

- b. What makes you feel strong?

Click the link on your BINGO card to submit the answer.

Scoring:

10 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

Maximum points possible: 10

Tuesday Challenges

1. Jumping Jacks Challenge

- a. Teacher will set a timer for three minutes.
- b. Class will try to do as many jumping jacks as possible in that time period. The goal is that everyone is in-sync and completing these together while counting as a group.
- c. Teacher will record the number completed on the scoring card.

Scoring:

5 points are automatically awarded for completing the challenge. Bonus points are awarded based on the following criteria.

Minimum points possible: 5

Maximum points possible: 10

10-20 jumping jacks= 1 point

21-30 jumping jacks = 2 points

31-40 jumping jacks = 3 points

41-50 jumping jacks= 4 points

50+= 5 points

2. Step Challenge

Get out of the classroom and get walking!

- a. Set aside 20 minutes to go for a walk! This can be around the school, laps in the gym, outside on the track/field or wherever works for your group!
- b. If you can't leave the classroom, follow along with the run in place video instead!

Scoring:

5 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

Maximum points possible: 5

3. Plank Challenge

- a. Find a space to complete a plank.

- b. Start a timer and allow each student to stay in their plank for as long as they can hold it!
- c. Two variations are offered in the video, another possibility is to complete the plank against the wall!

Scoring:

Receive 5 points for attempting this challenge and crossing off your BINGO card.

Receive bonus points for each student that accomplishes the following:

Plank between 10-30 seconds= 1 bonus point

Plank between 30 seconds-1 minute= 2 bonus points

Plank between 1-2 minutes= 3 bonus points

Plank longer than 2 minutes= 5 bonus points

4. BodyScan Meditation

Follow along to complete this classroom friendly meditation practice.

Scoring:

15 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

Maximum points possible: 15

QUESTION OF THE DAY

Who inspires you?

Click the link on your BINGO card to submit the answer.

Scoring:

10 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

Maximum points possible: 10

Wednesday Challenges

1. Three-minute push-up challenge:

- a. Teacher will set a timer for three minutes.
- b. Class will try to do as many push-ups as possible in that time period. The goal is that everyone is in-sync and completing these together while counting as a group.
- c. Teacher will record the number completed on the scoring card.
- d. View the modifications offered in the video or you can complete this exercises using a wall for support.

Scoring:

5 points are automatically awarded for completing the challenge. Bonus points are awarded based on the following criteria.

Minimum points possible: 5

Maximum points possible: 10

10-20 push-ups= 1 point

21-30 push-ups = 2 points

31-40 push- ups= 3 points

41-50 push-ups= 4 points

50+= 5 points

2. Freeze dance

- a. Time for some freeze dance. Follow along with the video, when they say freeze make sure you stop moving.

Scoring:

Receive 5 points for attempting this challenge and crossing off your BINGO card.

3. Wall sits

- a. Test your strength and balance with the wall sit challenge. See how long each member of your class can hold their wall sit and receive points for their accomplishments.

Scoring:

Receive 5 points for completing the wall sit challenge and crossing this square off your BINGO card. Receive bonus points for each member of the class who completes the following:

Bonus:

10-30 second wall sit= 1 point

31 seconds- 1 minute= 2 points

1 minute to 1.5 minutes= 3 points

Longer than 1.5 minutes= 5 points

4. Water Movement Meditation

- a. Take some time to relax and unwind. Follow along with this meditation.

Scoring:

15 points are automatically awarded for completing the challenge and crossing the square off your BINGO card.

QUESTION OF THE DAY

Make a list of healthy habits you want to bring into the New Year.

Click the link on your BINGO card to submit the answer.

Scoring:

10 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

Maximum points possible: 10

Thursday Challenges

1. Lunge Challenge

- a. Teacher will set a timer for three minutes.
- b. Class will try to do as many lunges as possible in that time. These can be walking lunges or stationery. See the video on how to perform a perfect lunge. The goal is that everyone is in-sync and completing these together while counting as a group.
- c. Teacher will record the number completed on the scoring card.

Scoring:

5 points are automatically awarded for completing the challenge. Bonus points are awarded based on the following criteria.

Minimum points possible: 5

Maximum points possible: 10

10-20 lunges= 1 point
21-30 lunges = 2 points
31-40 lunges = 3 points
41-50 lunges= 4 points
50+ lunges= 5 points

2. Go Noodle

- a. Follow along with the GoNoodle video for a 5 minute endurance based workout.

Scoring:

Receive 5 points for attempting this challenge and crossing off your BINGO card.

3. Yoga

- a. Take some time to relax and follow along with the Yoga For All video.
- b. Yoga mats are helpful but not necessary to complete this activity.

Scoring:

Receive 5 points for attempting this challenge and crossing off your BINGO card.

4. Goal Setting

- a. New year, new opportunity to accomplish something. As a class or individually, write down your goals for this year! You can do this on a whiteboard, chalkboard, or chart paper. Be sure to submit this through the form as well.

Scoring:

Receive 15 points for attempting this challenge and crossing off your BINGO card.

QUESTION OF THE DAY

As a class, create and share a workout routine that others can do!

Click the link on your BINGO card to submit the answer.

Scoring:

10 points are automatically awarded for completing this challenge and crossing this square off your bingo card.

Maximum points possible: 10

Friday:

All activities on Friday will take place using the live link! Cross off each of the activities your class participates in to receive the corresponding points!