**Elementary Fun Fitness Week**

**Ladder Challenge:**

Fun fitness week is all about improvement! Your goal is to climb to the top of the fitness ladder! Each day you will be given a series of activities to complete. Once completed you may move on to the next step of the ladder!

**How it works**

* You will be assigned five different series of exercises/activities for the week.
* Each day you will complete a warmup along with the daily activities. Once you complete the activities for that day you may climb to the next rung of the fitness ladder.
* Please see the point system below for keeping track of your exercises.
* You will submit your scoresheet via email at the end of the week.
* Please see below for the exercises and an example.

**Reminders and Key Ideas:**

* Unless otherwise indicated in the instructions, complete each activity as a class. For individual activities add scores together and submit a final number.
* Please only record the total for each day **not** a culminating score.
* Please use the attached scoring sheet to keep track of your score, you will submit this at the end of the week via email to nataliay@specialolympicsontario.com. Please submit with the subject line “Fun Fitness Week”
* Friday we will also host a live day! Schedule can be found below and link to join on the [Elementary Hub](https://www1.specialolympicsontario.com/schools/elementary-school-hub/) . You will not accumulate points for this day however it is guaranteed to be a lot of fun! Feel free to join for 1, 2, or all sessions.

**Live Day Schedule: (10:30-12:30)**

12:30- Warm Up (Kahoot)

1:00- Fitness video

1:30- Chair Yoga

2:00- Dance Party

2:30- Mindfulness

**Score Sheet and Day by Day Plan**

**Day 1: Monday, February 3rd – Body weight exercises**

No equipment is needed for day 1. All activities can be completed in a classroom or hallway.

**Warm up:**

* Walk in place for 30 seconds
* March in place for 30 seconds (knees up high)
* Jog in place for 30 seconds

**Instructions:**

Perform the first four exercises for 1 minute and record your score. Set a timer for your wall sit, every 10 seconds is equal to 10 points (round up).

|  |  |
| --- | --- |
| **Exercise** | **Total** |
| Squats |  |
| Jumping Jacks  |  |
| Lunges |  |
| Push Ups |  |
| Wall sit  |  |
| **DAY 1 TOTAL:** |

**Day 2: Tuesday, February 4th - Jumping**

A skipping rope can be used for today’s activities however this can also be done without one. Access to a gym or open space is helpful, but all exercises can be modified for the classroom.

**Warm Up:**

* Walk in place for 30 seconds.
* Small arm circles forward for 30 seconds
* Small arm circles backwards for 30 seconds
* 10 jumping jacks

**Exercise Explanation:**

1. **Skipping:** Set a three-minute timer and count how many times you can jump rope. Students may count individually and add all scores together at the end. These do not have to be consecutive.
2. **Forward hops:** Using tape or a line already on the ground jump forward and backwards over it as many times as possible in 1 minute.
3. **Side-to-side:** Repeat the above activity but move side-to-side.
4. [**Frog Jumps:**](https://www.youtube.com/watch?v=SPxvbluj6vQ)Complete as many frog jumps in 1 minute. See attached video.

Alternative: Athletes can sub these exercises for sit-ups, jumping jacks, knee to elbow (sitting or standing) for the same duration of time.

|  |  |
| --- | --- |
| **Exercise** | **Total** |
| Skipping |  |
| Forward Hops |  |
| Side-to-side jumps  |  |
| Frog jumps |  |
| **DAY 2 TOTAL:** |

**Day 3: Wednesday, February 5th - Hand eye coordination**

A gym or open space would be best for these activities, but they can also be done in a classroom. Teachers will need a basketball, a roll of toilet paper, a tennis or soft ball.

**Warm up:**

* 30 seconds high knees
* 30 seconds butt kicks
* 30 seconds big arm circles forward
* 30 seconds big arm circles backwards

**Exercise Explanation:**

1. **Basketball bounce:** Set a three-minute timer. See how many times in a row you can bounce a basketball. Record your highest score. You may count as a class, or each student may do it individually and add together at the end.
2. [**Toilet Paper challenge:**](https://www.youtube.com/watch?v=FPlirPKDbXs)Using a roll of toilet each student will try and keep it in the air for as long as possible. See how many times in a row you can keep it up. Record your highest score. You may count as a class, or each student may do it individually and add together at the end. You may use any part of your body to keep it up. You may also use a balloon or squishy ball instead of toilet paper.
3. “Egg” Toss challenge: Using a tennis ball, toilet paper roll, or squishy ball students will partner up and start facing each other about two steps apart. They will then toss the ball to each other. After each toss, they will take a half step back. Each toss counts as 1 point. Once the pair drops a ball their score freezes but they may continue to platy for fun!

|  |  |
| --- | --- |
| **Exercise** | **Total** |
| Basketball bounce |  |
| Toilet paper challenge |  |
| “Egg” toss challenge |  |
| **DAY 3 TOTAL:** |

**Day 4: Thursday, February 6th - Balance and Endurance**

The only equipment needed for today is a chair. A mat is helpful but not necessary.

**Warm Up**

* Touch your toes and hold for 10-20 seconds.
* Grab your right ankle with your right hand and pull behind you for 10 seconds. Switch to the left side. (Use a chair or desk for support).
* Lunge to one side and hold for 20 seconds. Repeat on the opposite side.

**Exercise Explanation:**

1. **One foot challenge:** See how long you can balance on one foot. Every 5 seconds is equal to 5 points for a maximum of 2 minutes. Keep track individually and add your scores together at the end.
2. **Plank challenge:** Complete a plank challenge. This can be on your hands or elbows. See how long you can hold it. Every 5 seconds is equal to 5 points for a maximum of 2 minutes. Keep track individually and add your scores together at the end.
3. [**Chair bicycle:**](https://www.youtube.com/watch?v=KJJPTx55IcQ)Set a two minute timer and see how many you can complete as a class. Take breaks as needed!
4. **Marathon Challenge:** Jog or speed walk in place. Every 30 seconds you go is 10 points. Stop when the majority of the class has stopped. Maximum 10 minutes.

|  |  |
| --- | --- |
| **Exercise** | **Total** |
| One foot challenge |  |
| Plank Challenge |  |
| Chair Bicycle  |  |
| Marathon Challenge |  |
| **DAY 4 TOTAL:** |