



Super Hero Weekly Physical Activity Log

Directions: Log your physical activities, how long you did them, and how tired you felt after doing them. Your goal is to log 30-60 minutes for at least 4 days each week. Activity suggestions are listed on the back. Ask a friend or family member to join you! *Have fun!*

FREQUENCY	TYPE	TIME	INTENSITY
Day of the Week	What activities did you do?	How long did you do them?	How tired did you feel?
Sunday date:			
Monday date:			
Tuesday date:			
Wednesday date:			
Thursday date:			
Friday date:			
Saturday date:			

Name _____
grade _____ date _____

Reflection: Write your answers below.

1. Did you complete 30- 60 minutes of physical activity at least four days?
2. What was your favorite physical activity/exercise that you would recommend to your classmates?



Physical Activity suggestions

- | | | |
|--------------------------------------------------------------------------------------------|--------------------|---------------|
| *ride your bike | *take a walk | *climb a tree |
| *play basketball | *jog for 5 minutes | *hopscotch |
| *play "Just Dance" | *walk to school | *jump rope |
| *play catch | *kick a ball | *play in snow |
| *clean your room (you're welcome, Mom!!) | | *swimming |
| *dribble a ball | *QUEST from packet | *take a hike |
| *YouTube workouts | *sidewalk chalk | *walk the dog |
| *"Follow the Leader" | *Use Wii Fit | *balloon ball |
| *"Around the World" | *bubble popping | *Simon Says |
| * Clean-Up race: set a timer or put on a song to see who can pick up the toys/room fastest | | *Hot Potato! |
| *balance beam (with masking tape) | | *animal races |
| *Obstacle course | *tag | *bowling |
| *Bocce Ball | *tennis | *volleyball |
| *kickball | *frisbee | *soccer |
| * | | |

BALANCE QUEST

#1



#2



#3



#4



#5



#6



#7



#8



PROGRESSION:

Hold all for 10 count, do both sides.

CATCH QUEST

#1



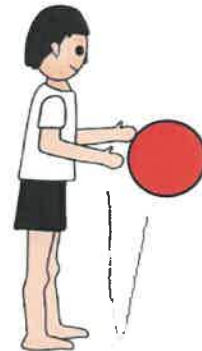
CATCH A BALL
WITH BOTH HANDS

#2



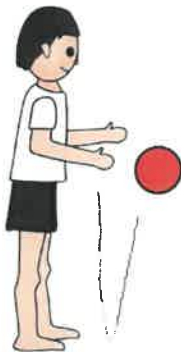
CATCH A BALL
WITH ONE HAND

#3



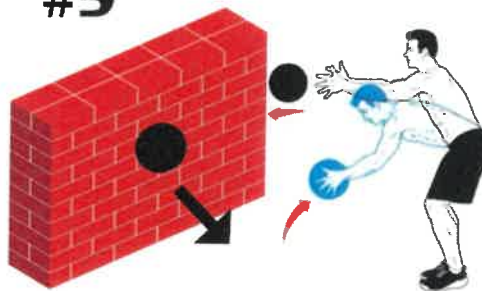
DROP AND CATCH A
BALL WITH TWO HANDS

#4



DROP AND CATCH A
BALL WITH ONE HAND

#5



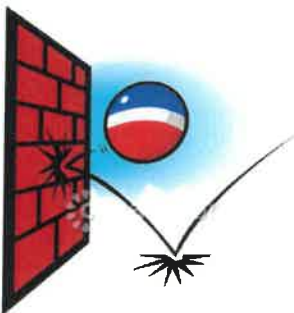
HIT WALL, LET
BOUNCE, THEN CATCH

#6



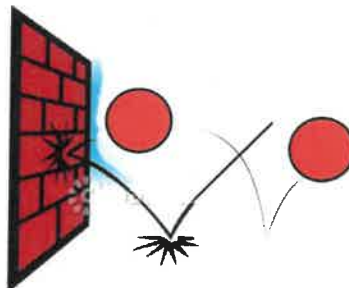
CATCH OFF WALL

#7



BOUNCE OFF
FLOOR INTO WALL,
THEN CATCH

#8



BOUNCE OFF FLOOR
INTO WALL, LET
BOUNCE, THEN CATCH

#9



TOSS AND CATCH
BEHIND YOUR BACK

Only 1x

PROGRESSION:

5x

10x

NEW OBJECT 5x

10x

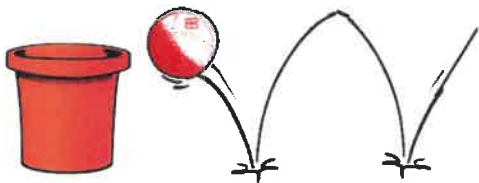


LEVEL

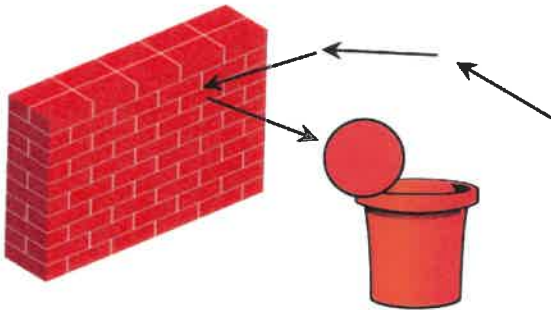
BUCKET QUEST



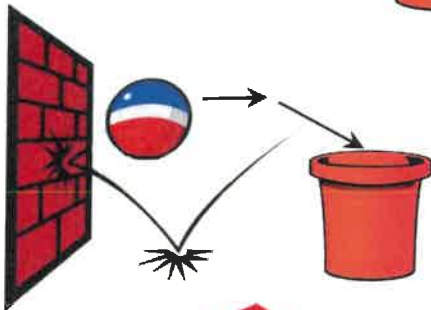
**One floor bounce
into bucket 10 times.**



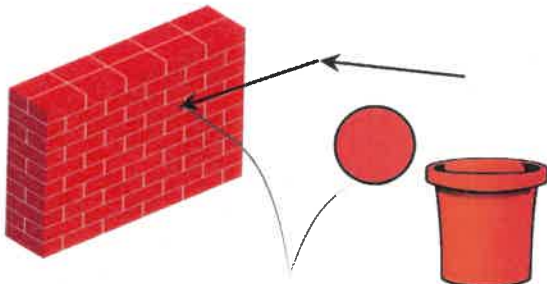
**Two floor bounces
into bucket 10 times.**



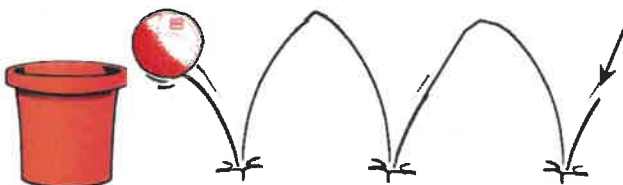
**Bounce off wall into
bucket 10 times.**



**Bounce from floor to wall
then into bucket 10 times.**



**Bounce from wall to
floor then into
bucket 10 times.**



**Triple bounce off floor
into bucket 5 times.**



Partner Catch Quest

#1



**COATED
FOAM BALL**

#2



**PLAYGROUND
BALL - LARGE**

#3



BEAN BAG

#4



FOOTBALL

#5



**PLAYGROUND
BALL - SMALL**

#6



**WHIFFLE
BALL**

#7



**CRITTER OR
ODD SHAPED**

#8



TENNIS BALL

#9



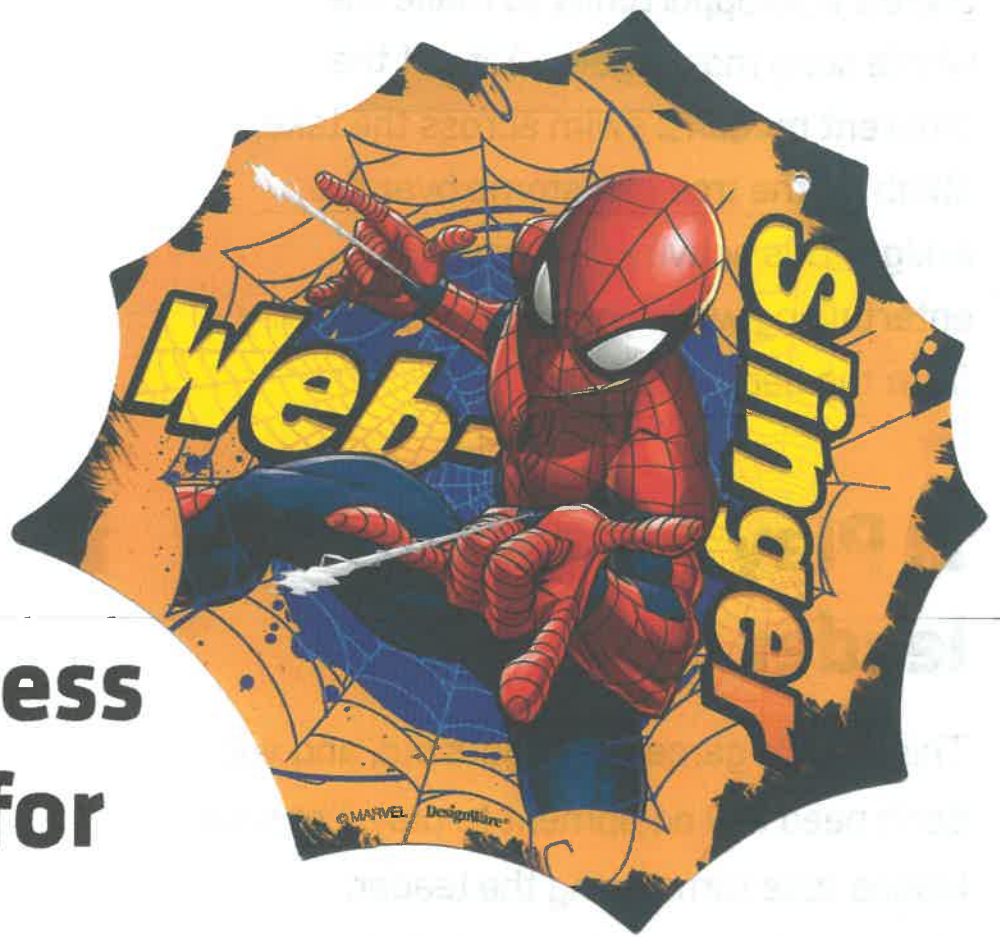
FRISBEE

PROGRESSION:

10x

20x

TAKE 3 STEPS BACK - 10X



15 fun fitness activities for kids

Getting kids to “work out” can be challenging. But there’s no need to stick to run-of-the-mill, boring exercises like jumping jacks, push-ups and sprints. We put together a list of some fun and creative fitness activities for kids that will get them moving in no time at all.

1. Go on a bear hunt

Did you ever sing the classic bonfire song at summer camp, “**I’m Going on a Bear Hunt**”? While this song can easily be sung

4. Create a scavenger hunt

Hide things all over the backyard or throughout the house and have kids race to find each clue. If you want to sneak even more exercise into this activity, include requirements with each clue, like "Do four cartwheels before moving on," or "Make up a funny dance." This activity is fun because it can be elaborate and long or short and sweet.

5. Use a Wii Fit

What a wonderful world of technology we live in today. Instead of letting your kids sit for hours in front of the television playing video games, leverage that love for technology and get them going with a Wii Fit game! There are all sorts of fun and active kids' games out there such as **Just Dance Kids**, **Nickelodeon Fit** and many more!



6. Draw a maze on the driveway

versions, unless you enjoy having a house covered in feathers.

10. Make an obstacle course

Using couch cushions, pots and pans, and plenty of other household objects, construct an engaging and challenging obstacle course. Kids can climb under blankets stretched between the couch and coffee table, or they can somersault across the living room. Take this kind of play outside if you want more room to move around.

11. Push mom over

Stand firmly on the ground and see if your kids can push you over! This works best if you have little kids—otherwise, you might actually get pummeled. This exercise inevitably ends in giggles as kids push and pull, trying to budge you from your iron stance.

12. Wheelbarrow or crab walk races

15. Red light, green light

It's an oldie, but a goody! Play the "**red light, green light**" game in the backyard, and help kids exercise and learn about following directions. Add color visuals by making a red or green sign to help children learn about color as well!



It's time to get movin'

Now you know that exercise doesn't have to be boring. Start implementing these ideas into your child's routine and emphasize the importance of being active. These activities may seem silly, but you'll start laying the groundwork for a healthy, happy life.



"By keeping active, even in the simplest ways, children can support each part of their body and their brain for optimum learning and growth," Muhs says.

GREEN ARROW

SURVIVAL TRAINING



#1



Do 10 Squat Jumps

#2



**Crab Walk for
a 15 Count**

#3



**Do 10 Front Kicks
With Each Leg**

#4



**Hamstring Stretch With
Each Leg To a 30 count**

#5



**Jog In Place
for a 30 count**

#6



**Do 10 Slow Lunges
With Each Leg**



**IF YOU FINISH BEFORE
THE MUSIC ENDS,
REPEAT THE
SIX STEPS AGAIN!**

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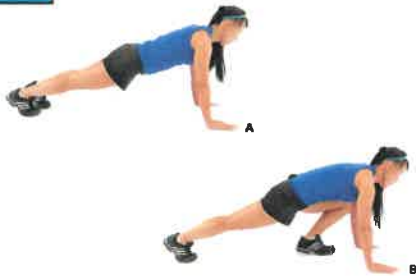


SUPERGIRL

SUPER TRAINING

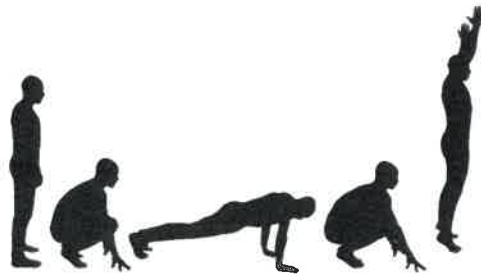


#1



Do 15 mountain climbers

#2



Do 10 burpees

#3



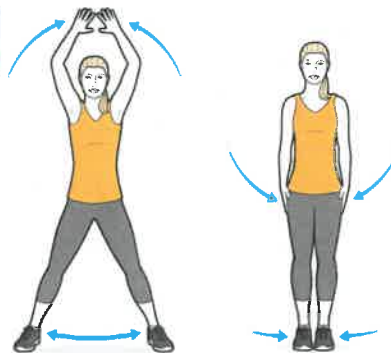
Do 10 slow lunges with each leg

#4



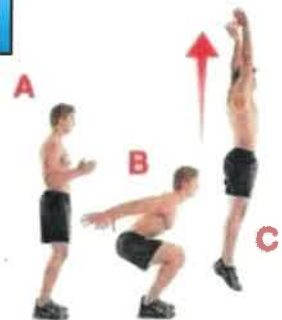
Do 15 bicycle curl-Ups

#5



Do 25 jumping jacks

#6



Do 15 sky jumps



If you finish before the music ends, repeat the six steps again!



SUPER JOB!

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BASIC

TRAINING

Mike Ginicola @PhysEdDepot

#1



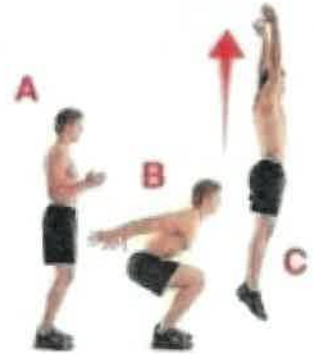
**Do 15 crunches
or curl-ups**

#2



**Do floss
dance
for 25 count**

#3



**Do 15
Squat Jumps**



**Do best mates
for 25 count**

#5



**Hold a plank
for 20 count**

#6



**Do the robot
dance for
25 count**



**IF YOU FINISH BEFORE
THE MUSIC ENDS,
REPEAT THE SIX STEPS
AGAIN PLAYER!**





DEADPOOL

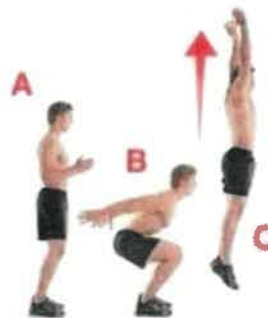
SURVIVAL TRAINING

#1



DO 20 ALTERNATING
FRONT KICKS

#2



DO 12 SQUAT
JUMPS

#3



DO 10 DIAMOND
PUSH-UPS

#4



STRETCH EACH LEG
FOR 25 COUNT

#5



DO 15 SLOW SQUATS

#6



HOLD A PLANK
FOR 25 COUNT



IF YOU FINISH BEFORE
THE MUSIC ENDS,
REPEAT THE
SIX STEPS AGAIN!

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MARVEL



WARM-UP



**PUSH UP POSITION:
30 SECONDS**



**SQUAT POSITION: 20
SECONDS**



FLEX



**PUSH UP POSITION:
35 SECONDS**



15 SQUAT JUMPS

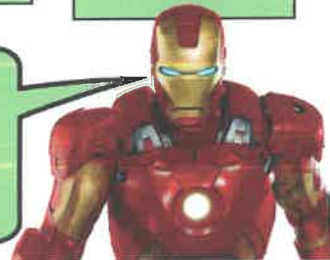


FLEX



**PLANK POSITION:
15 SECONDS**

**LET'S CRUSH
THIS WARM-UP 2
MORE TIMES!**



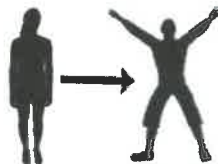
@MRC5AJKO



IRON MAN WARM-UP



JOG IN PLACE: 30
SECONDS



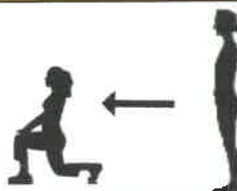
30 JUMPING JACKS



10 PLANKS WITH
ROTATION



5 SQUAT JUMPS



5 LUNGES EACH LEG



10 LEG LIFT
CRUNCHES



5 BURPEES

REPEAT THIS WARM UP
2 MORE TIMES.
THEN...YOU...ARE...
IRON MAN!



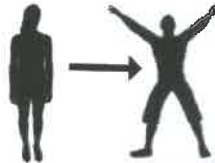
@MROSAJJO



BLACK WIDOW WARM-UP



JOG IN PLACE: 45
SECONDS



15 JUMPING JACKS



SIDE PLANK: 30
SECONDS BOTH
SIDES



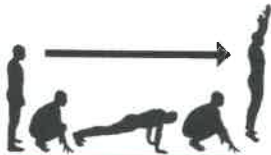
10 SQUAT JUMPS



SELF DEFENSE KICK:
10 TIMES EACH LEG



JOG IN PLACE: 45
SECONDS



10 BURPEES

HAMMER OUT
THIS WARM-UP
2 MORE
TIMES



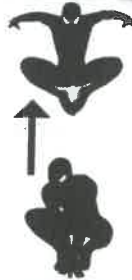
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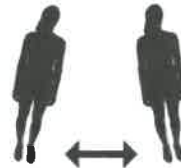
SPIDERMAN WARM-UP



SIDE TO SIDE JUMPS:
20 SECONDS



10 SPIDEY JUMPS



SIDE TO SIDE JUMPS:
20 SECONDS



5 SPIDEY JUMPS



MYSTERY EXERCISE:
CHOOSE YOUR OWN
EXERCISE...20 SECONDS



JOG IN PLACE:
30 SECONDS



SPIDEY REST:
15 SECONDS

WHO AM I?
I'M BATMAN, BUT
THAT'S NOT
IMPORTANT RIGHT
NOW.

1 MORE TIME WITH
THIS WARM UP



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**BOAT POSITION:
20 SECONDS**



**LEG LIFTS:
10 WITH EACH LEG**



**SELF DEFENSE KNEE
BLOCKS:
10 EACH LEG**



LEG LIFT CRUNCHES



**SELF DEFENSE KICK:
10 TIMES EACH LEG**



**PLANK POSITION:
15 SECONDS**



**DOWNWARD "DOG"
15 SECONDS**

**NOT BAD...
BUT CAN YOU CLAW
YOUR WAY THROUGH
THIS WARM-UP 1 MORE
TIME?**



@MRO5AJKO



BATMAN WARM-UP



JOG IN PLACE:
30 SECONDS



SELF DEFENSE KICK:
10 TIMES EACH LEG



SELF DEFENSE PUNCH:
10 TIMES EACH ARM



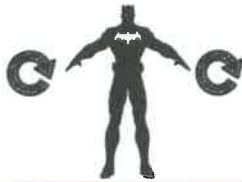
JOG IN PLACE:
30 SECONDS



SELF DEFENSE KICK:
10 TIMES EACH LEG



SELF DEFENSE PUNCH:
10 TIMES EACH ARM



10 ARM CIRCLES

MEOWWW. IF YOU'RE
REALLY BATMAN,
YOU'LL DO THIS WARM-
UP ONE MORE TIME.



@MROSAJKO



FLASH WARM-UP



JOG IN PLACE:
15 SECONDS



SPRINT IN PLACE:
15 SECONDS



JOG IN PLACE:
15 SECONDS



PUSH UP POSITION:
30 SECONDS



SPRINT IN PLACE:
15 SECONDS



JOG IN PLACE:
30 SECONDS



SPRINT IN PLACE:
15 SECONDS

WOAH!
THAT WAS FAST!
CAN YOU DO IT
AGAIN?



@MROSAJKO



THOR WARM-UP



20 ALTERNATING
HIGH KNEES



INNER THIGH STRETCH:
10 SECOND EACH LEG



MOUNTAIN CLIMBERS:
20 SECONDS



DELTOID CHALLENGE:
HOLD ARMS OUT 45
SECONDS



QUADRICEPS STRETCH:
EACH LEG 10 SECONDS



MOUNTAIN CLIMBERS:
25 SECONDS



HAMSTRING STRETCH:
15 SECONDS



GO AGAIN...IF YOU
DARE!

©MROBANKO



CAPTAIN AMERICA WARM-UP



JOG IN PLACE: 45
SECONDS



PLANK POSITION: 15
SECONDS



15 STAR
JUMPS



HOLDING PUSH-UP
POSITION:
25 SECONDS



SELF-DEFENSE
PUNCHES:
20 EACH ARM



10 PARALLEL
SQUATS



BOAT POSITION:
30 SECONDS

ALMOST DONE,
CAPTAIN AMERICA!
REPEAT THE WARM-UP
1 MORE TIME.



AMERICAN NINJA WARRIOR

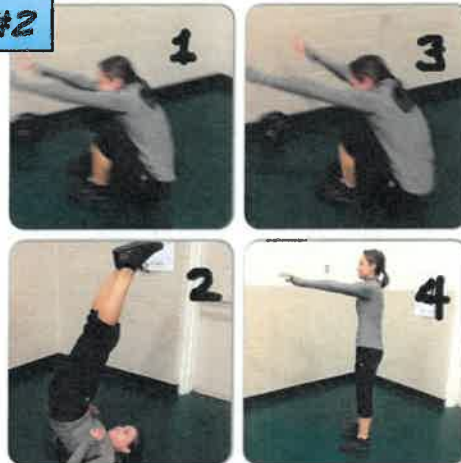


#1



Jog in Place to 50

#2



**Do 10 Candlestick
Rolls**

#3



Do 10 Push-Ups

#4



**Do 20 Swimmer
Strokes**

#5



**Stretch Each Leg for 15
Count - Repeat Again**

#6



Do 25 Crunches

**If you finish before the
music ends, repeat the
steps again young ninja!**



Isaac Caldiero

@PhysEdDepot