







# Let's Get Active Pacolet Elementary School!

Track how much you are active each day! For every 15 minutes you are active, write in the activity you did under that day. If you reach 1 hour of Move-It minutes, fill in the star for that day. Some examples of Move-It minutes are walking, running, biking, playing basketball, tag, dancing, Zumba, etc.

Write in your activities!	Monday	Tuesday	Wednesday	Thursday	Friday
15 Move- It minutes					
15 Move-It minutes					
15 Move-It minutes					
15 Move-It minutes					
15 Move-It minutes					
Color in the star when you have done 1 hour!					
Extra Move-It minutes					

Activity 1-See how many times you can perform each exercise in 100 seconds! Record your score in the column beside each exercise. Try to get at least 20 in 100 seconds for each exercise!

		How many can you do in 100 seconds?
	Jumping Jacks	
	Sit Ups	
	Hops	
	Jump Rope	
	Push Ups	
	Step Ups	

Activity 2-Spell out your full name and then complete the exercises listed for each letter. Each day do a different family member's name!

## what's your name? workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

**A** 10 jumping jacks

**N** 10 second jump rope

**B** 5 push-ups

**O** 10 russian twists

**C** 1 burpee

**P** 5 plie squats

**D** 20 high knees

**Q** 10 arm circles

**E** 5 crunches

**R** 10 skaters

**F** 10 mountain climbers

**S** 10 second jog in place

**G** 5 squats

**T** 10 butt kickers

**H** 10 front lunges

**U** 5 inchworms

**I** 10 side lunges

**V** 5 tricep dips

**J** 10 second wall sit

**W** 3 star jumps

**K** 5 calf raises

**X** 5 bird dogs

**L** 5 second plank

**Y** 10 leg raises

**M** 3 squat jumps

**Z** 5 squat jacks

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

### Activity 3-Let's Dance!

Dancing is a great way to exercise! Click on the link below for 34 minutes of Kid's Bop dance along videos!

[https://www.youtube.com/watch?v=sHd2s\\_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)

### Activity 4-It's Zumba time!

Follow along to this fun Zumba dance to Old Town Road!

<https://www.youtube.com/watch?v=RoYxG0avSfY>

Activity 5-Create your own dance! Find your favorite song and create an original dance to it!

Activity 6-Don't forget to stretch! It is important to stretch your muscles daily to increase your flexibility. Being flexible will help prevent injuries and help you become a better athlete! Do the pictures below and hold each stretch for 10-15 seconds.

