**Healthy Hearts**

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| Name: |  | Grade:  |  |  |  |  |  |  |  |  |  |  |  |  |



**Directions:** “x” the activities that you have completed.

On Friday, count how many activities you have completed and either send me the number or a picture of your sheet with your name and grade to my email snevius@corpuschristisaints.org

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Go jogging 5 minutes |  |  | Do 25 squats |  |  | play catch with a friend 10 minutes |
|  |  Eat 1 apple  |  |  | Roller blade 10 minutes |  |  | Do 50 tuck jumps |
|  | Team Sport Game |  |  | Team Sport Practice |  |  | Swing on swing set 10 minutes |
|  | Ride your bike for 20 minutes |  |  | Give mom or dad a hug |  |  | say good morning to everyone in your family |
|  | Play with a hula hoop 15 minutes |  |  | Play a tag game for 15 minutes |  |  | Do 50 jumping jacks |
|  | Run or walk a mile |  |  | Help sweep grass/leaves from the driveway |  |  | jump as high as you can 10 times |
|  | Dribble a basketball 10 minutes |  |  | Shoot a basketball 15 minutes |  |  | go for a walk with a family member |
|  | Jump rope 5 minutes |  |  | go roller skating 20 minutes |  |  | Play with a toy with a family member |
|  | Dance to music 10 minutes |  |  | Play catch with mom or dad |  |  | Practice your favorite sport outside |
|  | Clean your bedroom |  |  | Do 20 curl ups |  |  | Do a family run, walk, or bike |
|  | Jump on a pogo stick 10 minutes |  |  | eat a piece of fruit every day for a week |  |  | Do 20 push ups |
|  | Dribble a soccer ball 10 minutes |  |  | practice juggling 10 minutes |  |  | Stand and jump as far as you can 5 times |
|  | Bounce a ball 50 times |  |  | run as fast as you can 50 feet 5 times |  |  | Ask mom or dad how their day went |
|  | Hike a mountain or hill 15 times |  |  | Walk like a seal 20 feet 3 times |  |  | Stand/reach your toes for 20 seconds 3 times |
|  | Play kickball with family |  |  | Play baseball/softball with a family member. |  |  | Sit and reach your toes 20 seconds 3 times |
|  | Try a sport you never played before |  |  | Do 15 standing squats 2 times |  |  | Eat carrots and broccoli in the same day |
|  | Do 15 wall push ups |  |  | Read a story before bed |  |  | Take your pet/dog for a walk |
|  | Play a game from PE class |  |  | Play in the yard 30 minutes |  |  | Get 8 hours of sleep 2 nights in a row |
|  | Do 20 sit ups |  |  | Hop on one foot then the other 20 times |  |  | Balance on each foot for 20 seconds 3 times |
|  | Do bicep curls 30 times each arm |  |  | Eat breakfast each day for a week |  |  | Skip around your home/outside 5 times |
|  | Go outside and play |  |  | Do 40 step ups, use your stairs or steps |  |  | Perform 20 mountain climbers |
|  | Walk like a crab 20 feet 2 times |  |  | Play football catch with a family member |  |  | Go swimming at a supervised pool or beach |
|  | Watch TV for only one hour in a day |  |  | Play a board game with your family |  |  | Email Mrs. Nevius |
|  | Bridge 10 seconds 2 times |  |  | Your choice: |  |  | Do a video from Mrs. Nevius’ website |
|  | Your choice: |  |  |  Make 20 basketball shots |  |  |  Spend 10 minutes stretching  |

**Activity Sheet Rules:**

1. The activity is used to provide children with a way to keep track of the things they are doing that relate to healthy active living.
2. Please check with your parents before doing any of the activities.
3. At the end of the week, count the number of activities that you did during the week and send it to Mrs. Nevius via her school email.