

Healthy Hoosier Challenge

Activity Descriptions

4th-7th Grade

Activity Number	Activity Name	Activity Link/Description
1	4 Walls (Excerpt from SHAPE America)	Face each wall in a room and do a different exercise for 30 seconds <ul style="list-style-type: none"> • side shuffle • grapevine to left then right • wide stance punches • vertical jumps Click here to view exercise instructions.
2	Card Fitness	Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15 Spades- jumping jacks Clubs- squats Hearts- mountain climbers Diamonds- Your choice Click here to view exercise instructions.
3	Cardio!	Try a 25 minute cardio class made especially for kids!
4	Cardio Dance	Take a few minutes to do this fun dance with The Fitness Marshall!
5	Circuit Workout	Do 3 sets of the following exercises. Do 10-12 reps for each and move from each exercise with little to no rest. Take a 2-3 minute rest between each set! <ul style="list-style-type: none"> • Push-ups • Squats • Lunges • Crunches • Tricep dips
6	Cooking Class with the YMCA 	Make a healthy snack with our friends from the YMCA!
7	Cupid Capacity Dance (From OpenPhysEd)	Try this new workout to the tune of the Cupid Shuffle! Complete the Cupid Shuffle using fitness movements in order to feel our body's physiological response

8	<p>Dance, Dance, Dance! (From SHAPE America)</p>	<p>As soon as you get out of bed, turn on some music and shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times. Repeat until the song is over!</p>
9	<p>Dribble Challenge (From SHAPE America)</p>	<p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
10	<p>Full Body Workout</p>	<p>Try this Full Body 10 Minute Routine you can do at home with no equipment needed.</p>
11	<p>Get Fit with the Indiana Fever </p>	<ul style="list-style-type: none"> • Cardio and Lower Body Workout w/ Tiffany Mitchell • Leg and Upper Body Workout w/ Tiffany Mitchell • Arms and Legs Workout w/ Julie Allemand • Lower Body and Squats w/ Tiffany Mitchell
12	<p>HIIT Workout</p>	<ul style="list-style-type: none"> • Try this 20 minute High Intensity Interval Training (HIIT) workout made just for kids!
13	<p>How Fast Can you Go? (From SHAPE America)</p>	<p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times. Write your fastest time on your Healthy Hoosier Challenge grid!</p>
14	<p>Jump, Jump, Jump (From SHAPE America)</p>	<p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice. Do this for 10 minutes!</p>
15	<p>Mindful Moment: Breathing (From SHAPE America)</p>	<p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing</p>
16	<p>Mindful Moment: Gratitude (From SHAPE America)</p>	<p>Take a moment to sit quietly and write down something you're thankful for and why.</p>
17	<p>Mindful Moment: Positive Talk (From SHAPE America)</p>	<p>Be sure to talk to yourself today like you would talk to someone you love.</p>
18	<p>Mindful Moment: Senses (From SHAPE America)</p>	<p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> • 5 things you see • 4 things you feel • 3 things you hear • 2 things smell • 1 thing you taste <p>Close your eyes and take 5 slow deep breaths.</p>
19	<p>PE with Coach Joe</p>	<p>Do you miss your gym teacher? Take a PE class with Coach Joe!</p>

20	Squat jumps (From PBS)	<ul style="list-style-type: none"> Stand with your feet hip- width apart, bend your knees, and squat your butt back and down, then jump straight up in the air, and land back down in the squat with knees bent. See how many you can do!
21	Sample a new daily workout routine	Kids need to exercise every day to be healthy and strong. Try a new daily workout routine!
22	Try a Tabata Workout	Jump squats, 20 seconds of work, 10 seconds of rest, 8 rounds
23	Try a Beginner's Workout	New to physical fitness? Learn how to get in shape with a fun new workout routine!
24	Twist and Fold <small>(From Darebee.com)</small>	Twist & Fold is a workout that will transform the way you feel about yourself and your body in very little time. But more than that, it will transform the way your mind connects to your body and revitalize you on any given day.
25	Visit YMCA of Greater Indianapolis-Virtually! 	<ul style="list-style-type: none"> 30 in 30 HIIT with Jen HIIT with Rachel 30 in 30 with Shyla and Taj HIIT with Jen (outside) Y Aquatics (Dry-land Activities) Y Sports (Basketball, Running, Soccer, and more!)
26	Step Ups	To start, place your entire right foot onto the bench or chair. Press through your right heel as you step onto the bench, bringing your left foot to meet your left so you are standing on the bench. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor.
27	Towel Fitness Challenge	Grab a Towel and someone from your household (a sibling or an adult) and try the Towel Fitness Challenge!
28	Walking and Talking <small>(From SHAPE America)</small>	Grab an adult from your household and take a walk for 30 minutes. While walking, talk about ways you and your household could find fun ways to exercise together!
29	Yoga <small>(From OpenPhysEd)</small>	Good Morning! Start your day with a Sun Salutation.
30	Zumba Kids	Do you love to dance? Grab your dancing shoes and dance your heart out with Zumba Kids!