

# Healthy Hoosier Challenge

## Activity Descriptions

### *Pre-K-3rd Grade*

Activity Number	Activity Name	Activity Link/Description
1	4 Walls <a href="#">(Excerpt from SHAPE America)</a>	Face each wall in a room and do a different exercise for 30 seconds <ul style="list-style-type: none"> <li>side shuffle</li> <li>grapevine to left then right</li> <li>wide stance punches</li> <li>vertical jumps</li> </ul> <a href="#">Click here</a> to view exercise instructions.
2	Bear Walk <a href="#">(Excerpt from SHAPE America)</a>	With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.
3	<a href="#">Cardio!</a>	Try a 25 minute cardio class made especially for kids!
4	<a href="#">Cooking Class with the YMCA</a> 	<ul style="list-style-type: none"> <li><a href="#">Make a healthy snack with our friends from the YMCA!</a></li> </ul>
5	Dance, Dance, Dance! <a href="#">(From SHAPE America)</a>	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!
6	Dribble Challenge <a href="#">(From SHAPE America)</a>	Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?
7	Get Fit with the Indiana Fever 	<ul style="list-style-type: none"> <li><a href="#">Cardio and Lower Body Workout w/ Tiffany Mitchell</a></li> <li><a href="#">Leg and Upper Body Workout w/ Tiffany Mitchell</a></li> <li><a href="#">Arms and Legs Workout w/ Julie Allemant</a></li> <li><a href="#">Lower Body and Squats w/ Tiffany Mitchell</a></li> </ul>
8	<a href="#">HIIT Workout</a>	<ul style="list-style-type: none"> <li>Try this 20 minute High Intensity Interval Training (HIIT) workout made just for kids!</li> </ul>
9	How Fast Can you Go? <a href="#">(From SHAPE America)</a>	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!
<b>10</b>	Crawl Like a Seal <a href="#">(From SHAPE America)</a>	Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.
<b>11</b>	Jump, Jump, Jump <a href="#">(From SHAPE America)</a>	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!
<b>12</b>	Mindful Moment: Breathing <a href="#">(From SHAPE America)</a>	For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing
<b>13</b>	Mindful Moment: Gratitude <a href="#">(From SHAPE America)</a>	Take a moment to sit quietly and write down something you're thankful for and why.
<b>14</b>	Mindful Moment: Positive Talk <a href="#">(From SHAPE America)</a>	Be sure to talk to yourself today like you would talk to someone you love.
<b>15</b>	Mindful Moment: Senses <a href="#">(From SHAPE America)</a>	What do you notice around you? Find: <ul style="list-style-type: none"> <li>• 5 things you see</li> <li>• 4 things you feel</li> <li>• 3 things you hear</li> <li>• 2 things smell</li> <li>• 1 thing you taste</li> </ul> Close your eyes and take 5 slow deep breaths.
<b>16</b>	Mini Obstacle Course <a href="#">(From PBS)</a>	Set up your own physical activity challenges to complete: Use laundry baskets, pillows or other items around your home to create your obstacle courses.
<b>17</b>	<a href="#">PE with Coach Joe</a>	Do you miss your gym teacher? Take a PE class with Coach Joe!
<b>18</b>	Paper Plate Planks <a href="#">(From SHAPE America)</a>	In plank position with paper plates under your feet. Complete 30s each: mountain climbers, in and out feet, knees to chest. <a href="#">Click Here</a> to view exercise descriptions
<b>19</b>	Play at Home with <a href="#">Playworks</a> 	<ul style="list-style-type: none"> <li>• <a href="#">Live Recess-Mondays, Wednesdays, and Fridays</a></li> <li>• <a href="#">Play at Home Playbook</a></li> <li>• <a href="#">Play at Home Games-YouTube</a></li> </ul>
<b>20</b>	Squat jumps <a href="#">(From PBS)</a>	<ul style="list-style-type: none"> <li>• Stand with your feet hip- width apart, bend your knees, and squat your butt back and</li> </ul>

		down, then jump straight up in the air, and land back down in the squat with knees bent. See how many you can do!
<b>21</b>	<a href="#">Sample a new daily workout routine</a>	Kids need to exercise every day to be healthy and strong. Try a new daily workout routine!
<b>22</b>	Superman Stretch <small>(From PBS)</small>	Lie face down, with your arms and legs extended. Slowly lift your arms and legs off the ground as high as you can; keep the neck relaxed and look down at the ground. Hold, then lower your arms and legs.
<b>23</b>	Toss a sock ball <small>(From PBS)</small>	Roll up pairs of socks and gather one or more cardboard boxes or bins, like laundry baskets. Take turns tossing socks into the box. How many 'baskets' can you make in 5 minutes?
<b>24</b>	<a href="#">Try a Beginner's Workout</a>	New to physical fitness? Learn how to get in shape with a fun new workout routine!
<b>25</b>	Visit <a href="#">YMCA of Greater Indianapolis-Virtually!</a> 	<ul style="list-style-type: none"> <li>• <a href="#">Gross Motor Activity</a></li> <li>• <a href="#">Yoga Kids Book</a></li> <li>• <a href="#">Stretches</a></li> <li>• <a href="#">Y Sports</a> (Basketball, Running, Soccer, and more!)</li> </ul>
<b>26</b>	<a href="#">Step Ups</a>	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.
<b>27</b>	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!
<b>28</b>	Wild Arms <small>(From SHAPE America)</small>	As fast as you can complete: <ul style="list-style-type: none"> <li>• 10 Arm Circles front</li> <li>• 10 Arm Circles back</li> <li>• 10 Forward punches</li> </ul> Repeat 3x
<b>29</b>	Yoga with the <a href="#">Peace Learning Center</a> 	Join the Peace Learning Center for a FREE live Yoga Class on May 6 <sup>th</sup> at 2:30pm EST & May 20 <sup>th</sup> at 2:30pm EST <ul style="list-style-type: none"> <li>• <a href="#">Virtual Kids Yoga</a></li> </ul>

**30**[Zumba Kids](#)

- Do you love to dance? Grab your dancing shoes and dance your heart out with Zumba Kids!