



Healthy Hoosier Challenge

Pre-K-3rd Grade

In an effort to help promote our students' wellbeing while at home, IDOE created this physical activity challenge!

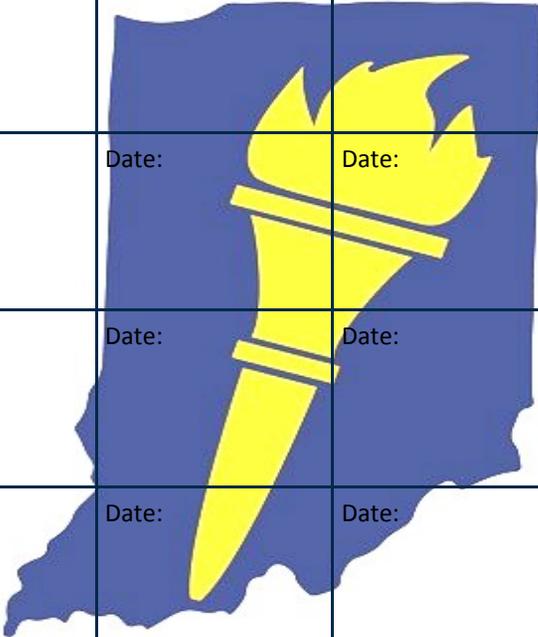
Activity Selection:

1. 4 Walls
2. Bear Walk
3. Cardio!
4. Cooking Class with the YMCA
5. Dance, Dance, Dance!
6. Dribble Challenge
7. Get Fit with the Indiana Fever
8. HIIT Workout
9. How Fast Can you Go?
10. Crawl Like a Seal
11. Jump, Jump, Jump
12. Mindful Moment: Breathing
13. Mindful Moment: Gratitude
14. Mindful Moment: Positive Talk
15. Mindful Moment: Senses
16. Mini Obstacle Course
17. PE with Coach Joe
18. Paper Plate Planks
19. Play at Home with Playworks
20. Squat jumps
21. Sample a new daily workout routine
22. Superman Stretch
23. Toss a Sock Ball
24. Try a Beginner's Workout
25. Visit YMCA of Greater Indianapolis-Virtually!
26. Step Ups
27. Walking and Talking
28. Wild Arms
29. Yoga with the Peace Learning Center
30. Zumba Kids

How to complete the challenge:

1. Choose an activity from the list to complete each day! You can do each activity three times.
 2. In each box write the number of the completed activity.
 3. Have an adult in your household sign your form here:
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4. Once your challenge is complete, view our [Healthy Hoosier Challenge Prizes](#)
 5. Print your form OR save it on your tablet/phone and take it to one of our sponsors to receive your prize!

Date:	Date:	Date:	Date:	Date:	Date:
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Safety Tips:

1. If exercising outdoors, maintain a 6 foot distance from people that do not live in your household.
2. Make sure you stretch before you begin any exercise routine.
3. [Be sure to drink plenty of water!](#)

SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!



@EducateIN

#HealthyHoosierChallenge