

Exercise 1: How many of each exercise can you do in 1 minute?

	Jumping jacks	
	Sit-ups	
	Hops	
	Toe touches	
	Push-ups	
	Steps	

Name _____

Exercise 2: How many of these exercises can you do? Circle them!

F (Frequency)	I (Intensity)	T (Time)	T (Type)
10 Jumping Jacks 	5 Push Ups 	10 Squats 	15 Second Plank 
5 Sit ups 	Balance for 10 Seconds 	V Sit-ups 	5 Long Jumps 
Crab Walk 	5 Inch Worms 	10 Arm Circles 	10 Shoulder Taps 
Flutter Kicks 	10 Mountain Climbers 	Walking Lunges 	10 Second Bosu Ball Balance 

Name _____

Exercise 3: Try some of the indoor activities with balloons. Good luck and don't forget to colour in the happy face!

Directions: Ask a parent or an older friend to blow up and tie a large round balloon for you. Then see if you can do the fun tasks below. Use the "Helpful Hints" to help you do your best! After you've finished each task, color in the happy face.



1. Toss a balloon into the air and keep it off the ground by hitting it with your hand.

Helpful Hint: Bend your knees when you hit the balloon.

Helpful Hint: Get underneath the balloon when you hit it.



2. Hit the balloon back and forth from one hand to the other.

Helpful Hint: Keep your eyes on the balloon!



3. Repeatedly hit the balloon high into the air and keep it from hitting the floor by striking it with the opposite hand each time.

Helpful Hint: Use the palm of your hand to hit the balloon.



4. Hit the balloon back and forth with a parent or friend. If you can, use different body parts like your arm, head, elbow, or knee to hit the balloon!



5. Hit the balloon into the air with a tennis paddle.

Name _____