

KEEP FIT ACTIVITIES

for Elementary School Ages



Do 1-2 exercises in each category every day.

LOWER BODY STRENGTH	<p>SQUATS</p> <p>Stand with feet shoulder width apart. Keeping hips and knees aligned over feet, squat. Repeat 2 sets of 10 times.</p>	<p>WALKING LUNGES</p> <p>Standing tall, step one foot far out in front and get knee close to the ground. Return to standing. Repeat 2 sets of 10 steps.</p>	<p>GLUTE BRIDGE</p> <p>Lie on your back, feet shoulder width apart, flat on the ground. Lift hips off the ground making a straight line from your knee to your head. Hold for 30 seconds 2 times.</p>	<p>SPLIT SQUATS</p> <p>Stand in split stance with one foot in front and one foot behind you. Lunge down far without hitting the floor. Repeat 2 sets of 8 each side.</p>	<p>WALL SIT</p> <p>Sit in a squat stance with your back against the wall. Hold for 20 seconds two times.</p>
UPPER BODY STRENGTH	<p>PUSH UP</p> <p>Lie on your stomach with hands shoulder width apart, press yourself off the ground. Repeat 2 sets of 10.</p>	<p>LEFT SIDE PLANK</p> <p>Lie on your left side with your elbow and foot only touching the ground. Hold for 30 seconds two times.</p>	<p>TALL PLANK</p> <p>Lie on your stomach with hands touching floor. Lift hips off the ground so only feet and hands are touching. Hold for 30 seconds 2 times.</p>	<p>RIGHT SIDE PLANK</p> <p>Lie on your right side with your elbow and foot only touching the ground. Hold for 30 seconds two times.</p>	<p>PLANK</p> <p>Lie on your stomach with elbows touching floor. Lift hips off the ground so only feet and elbows are touching. Hold for 30 seconds 2 times.</p>
PLYOMETRICS	<p>BUNNY HOP</p> <p>Standing with your feet together, hop up and down using only your ankles. Repeat 2 sets of 20 hops.</p>	<p>LEFT LEG HOP</p> <p>Stand using only your left leg, hop up and down using only your ankle. Repeat 2 sets of 10 hops.</p>	<p>SKIP</p> <p>Go outside and skip for a certain distance. Repeat 3 times.</p>	<p>RIGHT LEG HOP</p> <p>Standing only on your right leg, hop up and down using only your ankle. Repeat 2 sets of 10 hops.</p>	<p>BROAD JUMP</p> <p>Standing hip width apart, jump out as far as you can. Repeat 2 sets of 5 jumps.</p>
MOBILITY	<p>STANDING TOE TOUCH</p> <p>While standing, reach down as far as you can and touch your toes. Hold for 30 seconds.</p>	<p>LUNGE STRETCH</p> <p>Get into a lunge position with your knee on the ground. Shift body forward to where you feel a stretch in the front of hip. Hold for 30 seconds on each side.</p>	<p>CALF STRETCH</p> <p>Put your toes of one foot up against the wall and lean forward. Hold for 30 seconds on each side.</p>	<p>SEAL STRETCH</p> <p>Lie on your stomach and press your arms into the ground, raising your chest off the floor. Hold for 30 seconds.</p>	<p>WIDE STANCE TOE TOUCH</p> <p>While standing with feet wide, reach down as far as you can and touch your toes. Hold for 30 seconds.</p>
STABILITY	<p>LEFT LEG STAND</p> <p>Stand on your left leg for 30 seconds.</p>	<p>ISO LUNGE</p> <p>Stand in a lunge stance with your knee hovering the ground. Hold for 15 seconds per side 2 times.</p>	<p>RIGHT LEG STAND</p> <p>Stand on your right leg for 30 seconds.</p>	<p>STANDING BALANCE</p> <p>Stand with your feet together and eyes closed for 30 seconds.</p>	<p>BALL BALANCE</p> <p>Place a small ball on top of a book. Hold the book with 1 hand. Keep the ball on the surface of the book as long as you can. Repeat 2 times each side.</p>
CARDIO	<p>Bear crawl races.</p>	<p>Play soccer with unusual objects: acorns.</p>	<p>Play catch or soccer or another activity while walking around your neighborhood.</p>	<p>Go outside and play fetch or run with your dog.</p>	<p>Challenge your sibling to a running race outside.</p>