

# FITNESS ACTIVITIES:

## A PARENT'S GUIDE TO PHYSICAL ACTIVITY

### BOOK 1

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**Games and activities to play at home!**

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# ORGANIZATION

Need help keeping track of your fitness activities? We suggest laminating or keeping this booklet in page protectors to make it last.

You will need some inexpensive supplies that are easy to find and each activity can be kept in any of the following:

- Shoe Box
- Tupperware
- Milk Crate
- Laundry Basket
- Cubbie Bin (if you have a cubbie wall for toys/storage)
- Zip-Lock bags

# FITNOPOLY

**Description:** An activity-based board game that's fun for the whole family!

**What you need:**

Playing Board (next page)

Playing Piece for each player (coins, token, you name it!)

Approximately 8 feet of clear space- move the coffee table and voila!

One Playing Dice

**Directions:** Each player takes a turn, starting with the youngest. Once you roll the dice, move your playing piece the allotted number of spaces. The whole group will perform the activity. Repeat until one person lands on the "end" space. Winner gets Hi-5s from all :)

# Fitnopoly

## Game Board



### Exercise Instructions:

- 1. Arm Circles**- stretch arms out to sides and rotate in forward or backward motion
- 2. Arm Plank**- support body on forearms in straight position, hold for allotted time
- 3. Blast-off Jumps**- squat down, explode arms and body jumping up
- 4. Burpees**- squat down, extend legs back then in, stand up, repeat
- 5. Crab Kick**- sit in crab position, kick up one leg at a time
- 6. Crab Push-up**- sit in crab position, hands on floor, fingers facing feet, knees bent, bend/straighten arms up and down
- 7. Crunches**- half of a sit-up
- 8. Dinosaur Stomp**- march movement with heavy stomps into the floor
- 9. Frankensteins**- arms straight out front, lift each leg straight out front, repeat
- 10. Heel Lift**- lift heels, slowly, going up on toes, lower down, repeat
- 11. High Knees**- march in place, lifting knees as high as possible
- 12. Hug your body**- wrap your arms around yourself and give a good squeeze hug
- 13. Leg Hold**- lay on back, legs straight, feet together and lift feet slightly, hold
- 14. Long Jump**- stand and jump forward, feet together, as far as possible
- 15. Mountain Climbers**- push-up position, one foot front/one back, switch, repeat
- 16. Quick Feet**- run in place as fast as possible for the allotted time
- 17. Scissor Jump**- jump up in jumping jack position ("X")
- 18. Side Step**- step feet from side to side
- 19. Wall Sit**- put back against wall, squat until your bum is even with knees, hold
- 20. Windmill**- jumping jack position ("X"), cross hand to opposite foot, repeat for other side

# FITNESS TIC-TAC-"TONE"

**Description:** Who says you have to play Tic-Tac-Toe sitting down? This twist on the classic pencil & paper game offers families fun physical activity while exercising together.

**What you need:**

- Playing Board (next page)

- 6 Playing Pieces for each player (checkers or token pieces in two colors)

- Approximately 8 feet of clear space- move the coffee table and voila!

- Roll a playing die (dice) or flip a coin to see who goes first

**Directions:** Player one places their colored piece on the Tic-Tac-Toe board then reads the exercise in the square. Both players do the fitness activity. Player two repeats, playing their colored piece in another square. Continue taking turns playing a piece and picking an activity until one player gets three pieces across a row, down a column, or diagonal. Cheer for the winner!

# TIC-TAC-"TONE" FITNESS BOARD (CHANGE SQUARES/EXERCISES TO FIT YOUR FAMILY)

|                                                                    |                                                                      |                                                                                  |
|--------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------|
| Jump 10 times over a line on the floor keeping your feet together. | Balance on 1 foot for 15 seconds (use a wall for balance if needed). | Perform 10 jumping jacks                                                         |
| Hop on one foot 10 times and then the other foot 10 times.         | Your exercise of choice!                                             | Push-up position, walk hands 3 times forward and back, without moving your feet. |
| Quick Feet<br>Jog in place with quick movements for 30 seconds.    | Perform 10 sit-ups<br>or<br>10 mountain climbers<br>You pick!        | Perform 10 "Skier Jumps"<br>Jumping with feet together from side to side.        |

# PUSH-UP CHALLENGE

**Description:** Want to increase your upper body strength? Use this chart to perform a daily activity. If laminated/page protector cross off with a expo marker to use again! At the end of week 4 start back at week 1 and double each activity.

## What you need:

- Approximately 8 feet of clear space- move the coffee table and voila!
- 1 roll of toilet paper
- Yoga mat (if desired)

**Directions:** Complete one task per day, crossing off when finished. For specific activity directions refer below:

\*Up Position (arms extended, straight back)\*

Modified Push-up: Start in the up position, slowly lowering chest and body to ground. Push body and arms to return to the up position. Repeat.

Toilet Paper Push-up: Place a roll of toilet paper underneath the middle of your chest, underneath the sternum. Start in the up position, slowly lowering chest to touch the roll of toilet paper. Push body and arms to return to the up position. Repeat.

Spider Man Push-Ups: Start in the up position and hold. Alternate knee to touch the same elbow (ex. right knee to touch right elbow), maintaining straight arms. Switch knees. Repeat.

Standing Plank Hold: Hold the up position.

Shoulder Touches: Hold the up position (arms extended, straight back). Alternate hand to touch the opposite shoulder (ex. left hand touch right shoulder) and return to the ground. Switch hands. Repeat.

Push-Up: Start in up position, slowly lowering body until arms are at 90 degrees. Push body and arms to return to up position. Maintain a flat body, keeping abdominals flexed. Repeat.

# PUSH-UP CHALLENGE BOARD

|               | Monday                  | Tuesday                       | Wednesday                     | Thursday              | Friday                | Saturday                      | Sunday                        |
|---------------|-------------------------|-------------------------------|-------------------------------|-----------------------|-----------------------|-------------------------------|-------------------------------|
| <b>Week 1</b> | 10 Shoulder Touches     | 5 Toilet Paper Push-Ups       | 10 Second Standing Plank Hold | 6 Spider Man Push-Ups | 5 Modified Push-Ups   | 10 Second Standing Plank Hold | 10 Shoulder Touches           |
| <b>Week 2</b> | 6 Spider Man Push-Ups   | 10 Second Standing Plank Hold | 5 Toilet Paper Push-Ups       | 12 Shoulder Touches   | 6 Spider Man Push-Ups | 5 Modified Push-Ups           | 10 Second Standing Plank Hold |
| <b>Week 3</b> | 5 Toilet Paper Push-Ups | 6 Spider Man Push-Ups         | 11 Second Standing Plank Hold | 6 Modified Push-Ups   | 14 Shoulder Touches   | 6 Toilet Paper Push-Ups       | 14 Shoulder Touches           |
| <b>Week 4</b> | 8 Spider Man Push-Ups   | 11 Second Standing Plank Hold | 6 Toilet Paper Push-Ups       | 16 Shoulder Touches   | 6 Modified Push-Ups   | 8 Spider Man Push-Ups         | 11 Second Standing Plank Hold |

# ABC FITNESS WORD WALL

**Description:** An interactive collection of letters and fitness activities you can use to motivate your child to spell and have fun while moving.

**What you need:**

ABC Fitness Word Wall Chart (next page)

**Directions:** Using the letters from the ABC Fitness Chart, have your child spell their name and perform the corresponding exercise for each letter. Exercise together by performing every other letter from the chart. Use the weekly spelling list to challenge your child to spell a word and you perform the corresponding exercise for each letter. Get the whole family spelling and exercising together!

# ABC FITNESS WORD WALL

**A** **10 Arm Circles-** stretch arms out to sides and rotate forward or back

**B** **Arm Plank (30 sec)** support body on forearms, straight position, hold

**C** **6 Blast-off Jumps-** squat down, explode arms and body while jumping up

**D** **5 Burpees-** squat down, extend legs back then in, stand up, repeat

**E** **10 Crab Kicks-** sit in crab position, kick up one leg at a time

**F** **8 Crab Push-ups-** hands on floor, fingers face feet, knees bent, bend arms up/down

**G** **10 Crunches-** half of a sit-up

**H** **20 Dinosaur Stomps**  
Marching moves with heavy stomps to floor

**I** **20 Frankensteins-** Arms straight out front, lift each leg straight out front, repeat

**J** **12 Heel Lifts-** lift heels, slowly, going up on toes, lower down, repeat

**K** **20 High Knees-** march in place, lifting knees as high as possible

**L** **5 Hug your body-** wrap arms around yourself and give a good squeeze/hug

**M** **Leg Hold (30 sec)** lay on back, legs straight, feet together lift feet slightly, hold

**N** **Long Jump-** stand and jump forward

**O** **10 Mountain Climbers-** push-up position, one foot front/one back, switch, repeat

**P** **Quick Feet (30 sec)** run in place fast for the allotted time

**Q** **5 Scissor Jumps-** jump up in jumping jack position ("X")

**R** **10 Side Steps-** step feet from side to side

**S** **Wall Sit (30 sec)-** back against wall, squat until your bum is even with knees, hold

**T** **12 Windmill-** jumping jack position ("X"), cross hand to opposite foot, repeat other side

**U** **5 Scissor Jumps-** jump up in jumping jack position ("X")

**V** **20 Dinosaur Stomps**  
Marching moves with heavy stomps to floor

**W** **10 Crunches-** half of a sit-up

**X** **12 Heel Lifts-** lift heels, slowly, going up on toes, lower down, repeat

**Y** **20 High Knees-** march in place, lifting knees as high as possible

**Z** **5 Hug your body-** wrap arms around yourself and give a good squeeze/hug 10

# SCAVENGER HUNT

**Description:** Use the clues to determine WHAT you need to complete each activity.

**What you need:**

Writing utensil

**Directions:** Pick a box. Find the item(s) you need and perform the activity. Put your items(s) back and tidy up, then cross the box off. Pick another box and repeat until all boxes are completed and crossed off.

# SCAVENGER HUNT ... LET THE FITNESS BEGIN!

|                                                                                            |                                                                                                            |                                                                                                                   |                                                                                                                           |                                                                                                             |
|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <p><b>Find: 2 cans of Food</b></p> <p>Activity:<br/>10 Bicep Curls</p>                     | <p><b>Find: A Place to Sit</b></p> <p>Activity:<br/>12 (Chair) Squats</p>                                  | <p><b>Find: Two Water Bottles</b></p> <p>Activity:<br/>16 Front Raises<br/>(Straight arms, thigh to shoulder)</p> | <p><b>Find: Stuffed Animal or Pillow</b></p> <p>Activity:<br/>18 Toe Touches<br/>(Touch toes, stand tall touch sky)</p>   | <p><b>Find: A Vacuum</b></p> <p>Activity:<br/>Push the vacuum (unplugged) 6 laps around the living room</p> |
| <p><b>Find: a Box of Pasta</b></p> <p>Activity:<br/>15 push-ups (box goes under chest)</p> | <p><b>Find: A Place to Lay Down</b></p> <p>Activity:<br/>45 second Plank Position</p>                      | <p><b>Find: A glass of Water</b></p> <p>Activity: Take a drink and hydrate!</p>                                   | <p><b>Find: Something that tells Time</b></p> <p>Activity:<br/>Balance on one foot for 12 Seconds.<br/>Switch, Repeat</p> | <p><b>Find: A Lamp</b></p> <p>Activity:<br/>50 High Knees</p>                                               |
| <p><b>Find: a Carpet or Couch Cushion</b></p> <p>Activity:<br/>20 Boats or Sit-Ups</p>     | <p><b>Find: A Rolled up Pair of Socks</b></p> <p>Activity:<br/>Toss to self or with a partner 16 times</p> | <p><b>Find: A Book</b></p> <p>Activity: 20 alternating "Book Touches" from an Upright Push-Up Position</p>        | <p><b>Find: A Closed Door</b></p> <p>Activity:<br/>30 Second Wall-Sit</p>                                                 | <p><b>Find: The TV Remote</b></p> <p>Activity:<br/>22 Crab Kicks</p>                                        |

# PLAYING CARD FITNESS

**Description:** A fun and interactive way to practice your shapes and numbers.

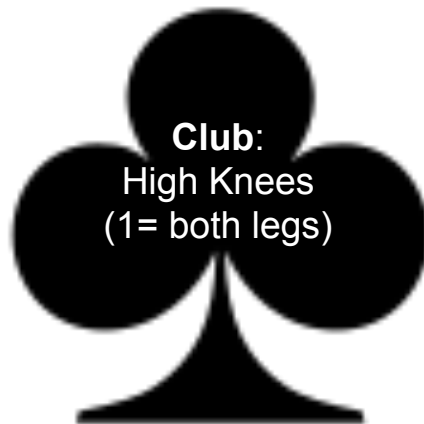
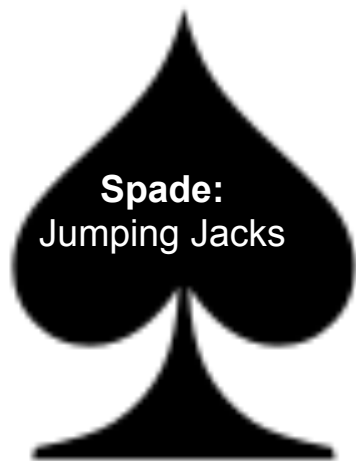
**What you need:**

Deck of Cards

Approximately 8 feet of clear space- move the coffee table and voila!

**Directions:** Use a deck of cards to perform a body circuit. Place a full deck of cards face down on a flat surface. First player picks a card: the group performs the activity that corresponds to the suit (next page), with the number written on each card. Face cards (Jack, Queen, King, Ace) should be assigned '10'. Need a challenge? Once all cards are used play round 2 by multiplying all numbers by 2!

# PLAYING CARD FITNESS:



FACE CARDS (J, Q, K, A = 10 REPETITIONS)

# RELAY: YOUR TURN, MY TURN

**Description:** A game to practice your turn-taking skills while building a tall tower!

**What you need:**

Plastic Stacking Cups (approximately 15)

Approximately 8 feet of clear space- move the coffee table and voila!

**Directions:** Use plastic cups to make a large tower. Start with cups on one side of the room in a single stack. Work as a group to take turns and bring one cup to the other side of the room, making a tower out of plastic cups. Start easy with a 3-2-1 pattern (base to top), or add more from the bottom layer to make it harder. Still too easy?: time yourself to see how fast you can work as a team without knocking the tower over OR try different locomotor skills (ex. Gallop, jump, slide) to travel from one side of the room to the other.

# RELAY: YOUR TURN, MY TURN



=



OR



# FITNESS CHAIR

**Description:** This fun activity will get you moving in no time! Using a chair, some clear space and the fitness cards you will perform fitness activities as a group.

**What you need:**

One bucket, stool or chair per person.

Cards (next page or make your own!)

Approximately 8 feet of clear space- move the coffee table and voila!

**Directions:** Put fitness cards under each participant's chair. First player picks a card from under their seat and the whole group performs the activity. Need a challenge? Play the first round as the cards are written. Once all cards are used play round 2 by multiplying all repetitions by 2! Round 3 try adding music and play musical chairs, when the music stops, pick exercise from under chosen chair.

# FITNESS CUBE

**Description:** Roll the dice and move with this exercise game for the whole family.

**What you need:**

Fitness Cube print-out (next page)

Scissors

Tape or glue

**Directions:** Print, cut, and form the cube using tape or glue to stick it together. Print more cubes and change out the exercises with the list to the right. Once the cube is made, gather your group, roll and do the moves together. What's facing up? How long can you roll, move, and play? How many different ways can you move?

Remember you should move every day to keep healthy. It doesn't matter what you do. You can run, jump, or dance. It's just important that you move!

# POPSICLE "PICK-A-STICK" FITNESS

**Description:** Workout in a jar? This fitness-related gem offers “choice” when picking popsicle sticks randomly from your fitness jar. Many uses: a “brain break,” daily workout, or weekly exercise schedule. Let’s get moving!

## **What you need:**

- Popsicle sticks

- Sharpie pen or tape/glue

- Exercise cards (next page)

- Approximately 8 feet of clear space- move the coffee table and voila!

- Plastic cup or glass jar

**Directions:** Write exercises on popsicle sticks with your Sharpie marker or cut-out exercise cards, fold in-half, around the popsicle stick and tape or glue together. Put the sticks in a jar and pull them out at random, building a workout. For example: pick 5 on Monday for a week’s worth of exercise. Only one rule ...No switching out once they’re pulled out!

# FIT FLAT FRANK AND FRANNIE (LIKE "FLAT STANLEY")

<http://www.flatstanleyproject.com>

**Description:** Fit Flat Frank and Frannie would like to tag along with families and participate in individual, group/team, family fun and fitness activities. They love to get active and would love to be part of a family or team picture!

## **What you need:**

- Picture of Flat Frank and Frannie (next page)
- Crayons or markers
- Scissors
- Camera

**Directions:** Print, color, and cut out Fit Flat Frank or Frannie. Now don't let them sit around and turn into couch potatoes! Get up, get active and take Fit Flat Frank or Frannie with you. Take a picture with them riding a bike with you, taking a hike, performing martial arts moves, practicing your ballet or dance ... be safe, be creative, make it healthy, and make it fun for everyone!

# FITNESS CHAIR: CUT EACH BOX AND PLACE FACE DOWN UNDER CHAIR!

10 Squats



16 Second Superman



10 Curl-Ups/Sit-Ups



12 Windmills (L and R)



20 Sec. Tricep Stretch



15 Squat Jumps



10 Push-Ups



12 Lying Toe Touches



20 second Push-Up Hold



20 Flutter Kicks



12 Mountain Climbers (L and R)



15 Second Butterfly Stretch



20 second Hamstring Stretch



20 Jumping Jacks



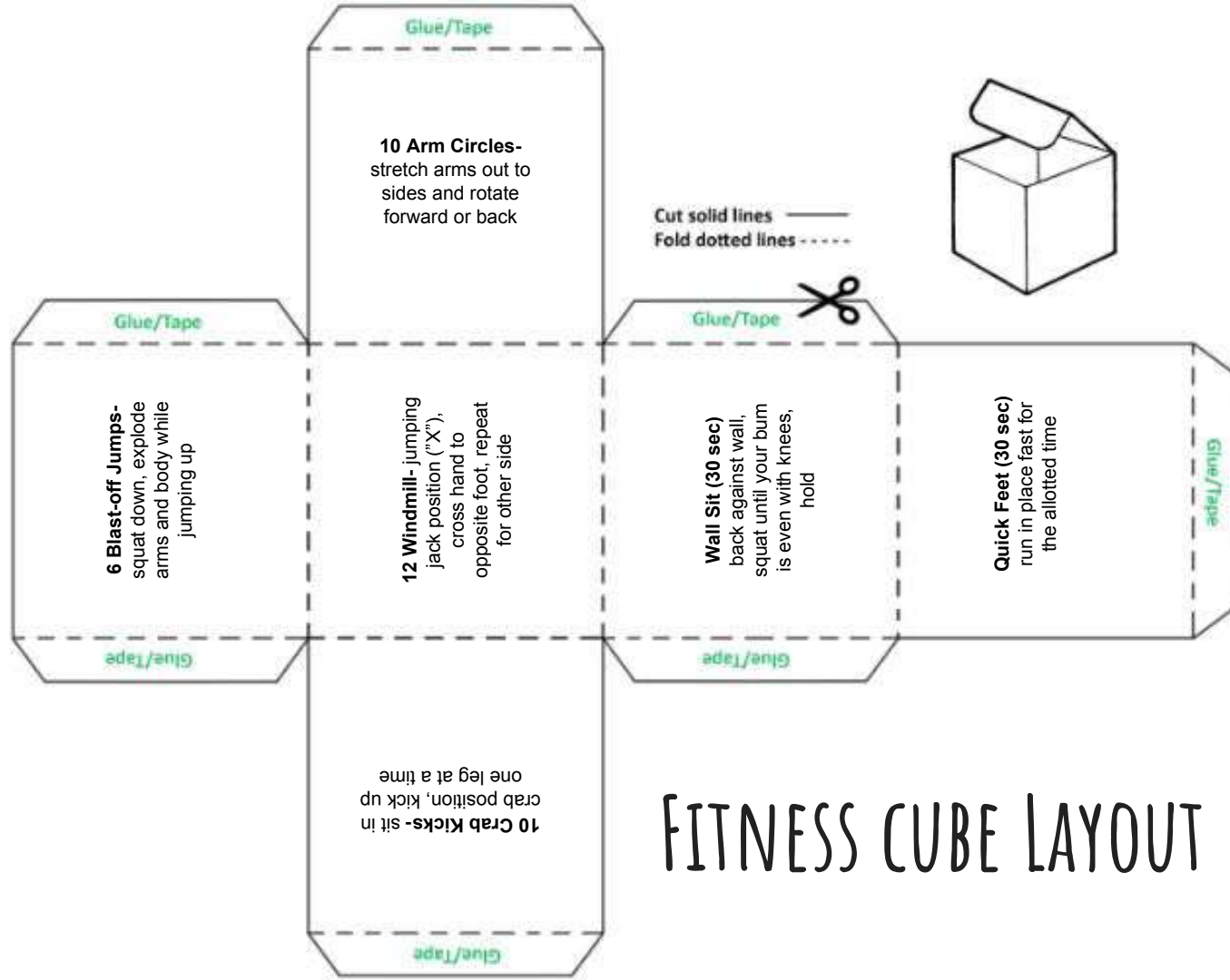
18 Second Wall Sit



20 Second Crab Pose Hold







# FITNESS CUBE LAYOUT

## Exercise Instructions:

- 1. Arm Circles-** stretch arms out to sides and rotate in forward or backward motion
- 2. Arm Plank-** support body on forearms in straight position, hold for allotted time
- 3. Blast-off Jumps-** squat down, explode arms and body jumping up
- 4. Burpees-** squat down, extend legs back then in, stand up, repeat
- 5. Crab Kick-** sit in crab position, kick up one leg at a time
- 6. Crab Push-up-** sit in crab position, hands on floor, fingers facing feet, knees bent, bend/straighten arms up and down
- 7. Crunches-** half of a sit-up
- 8. Dinosaur Stomp-** march movement with heavy stomps into the floor
- 9. Frankensteins-** arms straight out front, lift each leg straight out front, repeat
- 10. Heel Lift-** lift heels, slowly, going up on toes, lower down, repeat
- 11. High Knees-** march in place, lifting knees as high as possible
- 12. Hug your body-** wrap your arms around yourself and give a good squeeze hug
- 13. Leg Hold-** lay on back, legs straight, feet together and lift feet slightly, hold
- 14. Long Jump-** stand and jump forward, feet together, as far as possible
- 15. Mountain Climbers-** push-up position, one foot front/one back, switch, repeat
- 16. Quick Feet-** run in place as fast as possible for the allotted time
- 17. Scissor Jump-** jump up in jumping jack position ("X")
- 18. Side Step-** step feet from side to side
- 19. Wall Sit-** put back against wall, squat until your bum is even with knees, hold
- 20. Windmill-** jumping jack position ("X"), cross hand to opposite foot, repeat for other side



# POPSICLE "PICK-A-STICK" FITNESS CARDS

FOLD on dotted line, CUT on solid line

FOLD on dotted line, CUT on solid line

## Exercise Instructions:

- 1. Arm Circles**- stretch arms out to sides and rotate in forward or backward motion
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- 20. Windmill**- jumping jack position ("X"), cross hand to opposite foot, repeat for other side

10 Arm Circles

10 Arm Circles

Arm Plank- 30 sec

Arm Plank- 30 sec

6 Blast-off Jumps

6 Blast-off Jumps

5 Burpees

5 Burpees

20 Crab Kicks

20 Crab Kicks

10 Crab Push-ups

10 Crab Push-ups

12 Crunches

12 Crunches

15 Dinosaur Stomps

15 Dinosaur Stomps

15 Frankensteins

15 Frankensteins

12 Heel Lifts

12 Heel Lifts

20 High Knees

20 High Knees

Leg Hold- 30 sec

Leg Hold- 30 sec

Long Jump

Long Jump

10 Mountain Climbers

10 Mountain Climbers

Quick Feet-30 sec

Quick Feet-30 sec

10 Scissor Jumps

10 Scissor Jumps

30 Side Steps

30 Side Steps

Wall Sit- 30 sec

Wall Sit- 30 sec

12 Windmills

12 Windmills

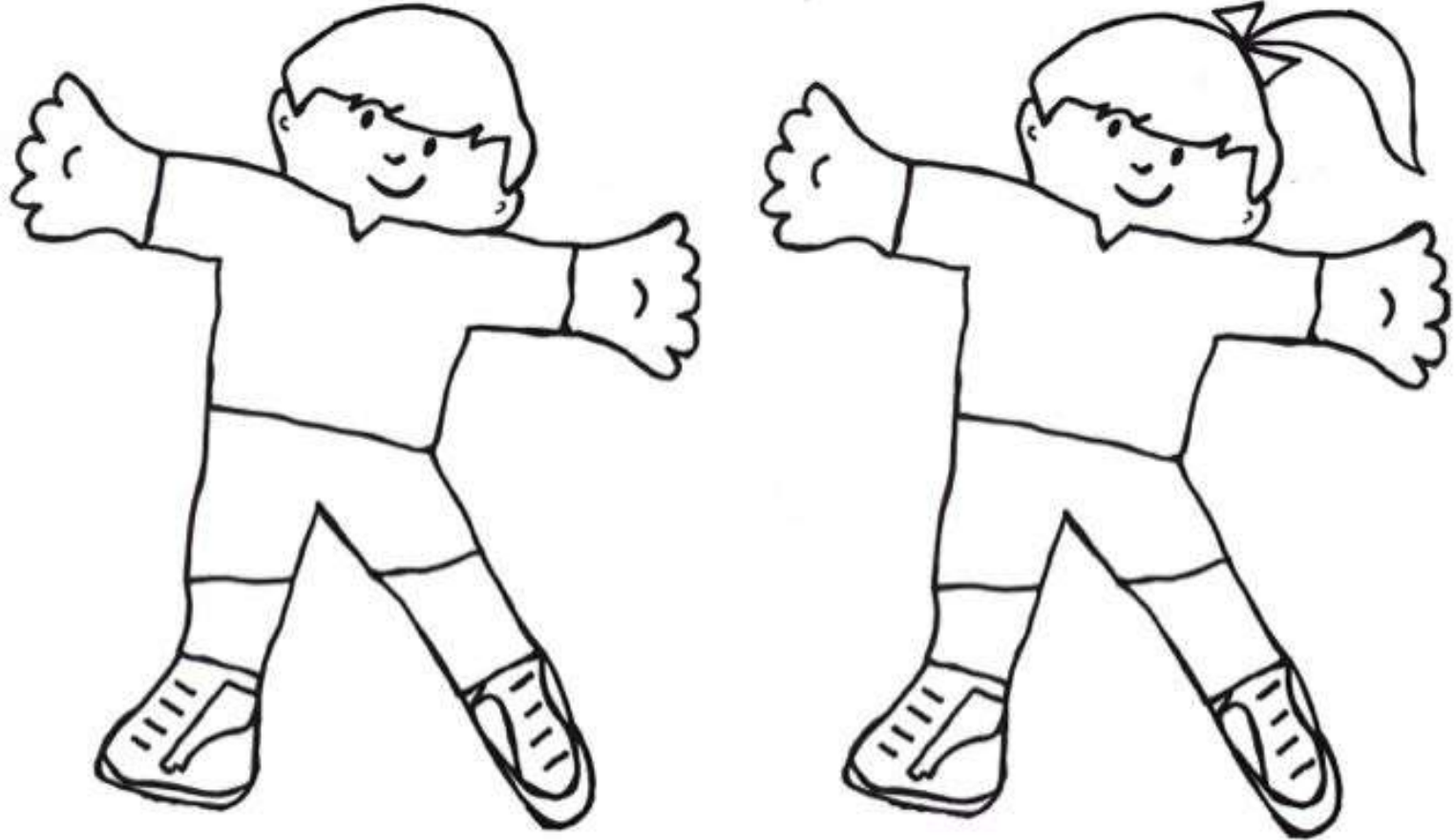
5 Hug Your Body

5 Hug Your Body



# FIT FLAT FRANK AND FRANNIE (PRINT, COLOR, CUT)

Chad Triolet [www.PERocks.com](http://www.PERocks.com)



# RESOURCES AND PHOTO CREDIT

**Butterfly Stretch:** <http://www.schriever.af.mil/News/Photos/igphoto/2000906393/>

**Crab Pose:** <http://www.afcent.af.mil/Units/386th-Air-Expeditionary-Wing/News/Display/Article/502241/check-6-trains-techniques/>

**Curl-Ups:** <http://bootcamp.coastguard.dodlive.mil/2013/08/22/physical-fitness-assessment-self-administration-guide/>

**Fit Flat Stanley:** [www.PERocks.com](http://www.PERocks.com) *Chad Triolet*

**Flutter Kicks:** <http://www.919sow.afrc.af.mil/News/Article-Display/Article/623922/maintaining-fitness/>

**Hamstring Stretch:**

[https://commons.wikimedia.org/wiki/File:US Navy 070422-N-5215E-002 Midshipman 3rd Class Nicholas Lowe shows Julian Than how to stretch before running in the Special Olympics at the Naval Academy.jpg](https://commons.wikimedia.org/wiki/File:US_Navy_070422-N-5215E-002_Midshipman_3rd_Class_Nicholas_Lowe_shows_Julian_Than_how_to_stretch_before_running_in_the_Special_Olympics_at_the_Naval_Academy.jpg)

**Jumping Jacks:** <http://www.flickr.com/photos/mikeschmid/235293267>

**Lying Toe Touches:** <https://www.pexels.com/photo/action-adult-agility-athlete-207917/>

**Mountain Climbers:** <http://www.mcbhawaii.marines.mil/News/News-Article-Display/Article/540212/staying-kid-fit-all-spring-long/>

**Push-Ups:** <https://www.pexels.com/search/push-up/>

**Push-Up Hold:** <https://media.defense.gov/2011/Jan/11/2000294186/-1/-1/0/110111-F-9433M-008.JPG>

**Squats:** <https://pixabay.com/en/photos/squat/>

**Squat Jumps:** <http://www.ibsa.mil/News/News/Article/461759/hawc-offers-second-phase-of-strength-conditioning/>

**Superman Hold:** <http://www.macdill.af.mil/News/Photos/igphoto/2001736257/>

**Tricep stretch:** <http://www.makeoverfitness.com/images/stories/tricep-stretches.jpg>

**Wall Sits:**

<http://www.afcent.af.mil/Units/379th-Air-Expeditionary-Wing/News/Display/Article/350975/physical-therapy-keeps-airman-fit-to-flight/>

**Windmills:** <http://www.ultimatebodypress.com/intermediate-windmill.html>