

IS YOUR CHILD HAVING DIFFICULTY FOCUSING DURING REMOTE LEARNING?

EXERCISE GUIDELINE

Jump Rope

Reps: 1-2 minutes

Sets: 2

One-Leg Balance:

Reps: maximum time on each leg

Sets: 3

Elevated Push-Up:

Reps: 5-7, advance to 8-12 once strong enough

Sets: 1-2, advance to 3-4

Broad Jumps & Vertical Jumps:

Reps: 6-8

Sets: 2-3

For each exercise, rest 1-2 minutes after each set!

PAIR THESE EXERCISES!

1. Jump Rope and Broad Jumps
2. One-Leg Balance and Vertical Jumps
3. Elevated Push-Ups and One-Leg Balance
4. Broad Jumps and Elevated Push-Ups

*Reps: Number of times to perform the exercise

*Sets: Number of cycles of reps to complete



ACTIVE KIDS, ACTIVE MINDS

BENEFITS OF DAILY EXERCISE!

1. REDUCES RISK OF DEVELOPING TYPE 2 DIABETES AND CHILDHOOD OBESITY

2. BUILDS CONFIDENCE AND SELF-ESTEEM

3. DECREASES RISK OF DEPRESSION AND ANXIETY

4. INCREASES FLEXIBILITY AND STRENGTHENS BONES



DAILY SCHEDULE

MORNING BEFORE SCHOOL

Get in some movement to wake yourself up before school!

SNACK TIME

1. Ants on a Log
2. Apples and Peanut Butter

LUNCH TIME

Get outside for some movement!

MID-DAY

Take a break from work by practicing jumps and balancing!

AFTER SCHOOL

Walk and Sprint
Try it with a friend! Who can run faster or further?

EXERCISES

JUMP ROPE

Can your child increase their consecutive jumping time? Have them practice counting their jumps!

ONE-LEG BALANCE

How long can your child balance on one leg in front of a mirror? With their eyes closed?

ELEVATED PUSH-UP

Start with feet on the floor and hands shoulder-width apart on the edge of a stable table or chair. Lower the body by bending the elbows. Push through the palms back to the starting position.

BROAD JUMPS

Take a slight bend in the knees then jump forward. Can your child jump as far as they did last time? Farther?

VERTICAL JUMPS

Take a slight bend in the knees then explode up. Practice landing safely on two legs. Advance to landing on one leg only!

WALK AND SPRINT

Include 5-second sprints in your family walks! Can your child run faster/farther than they did last time?

