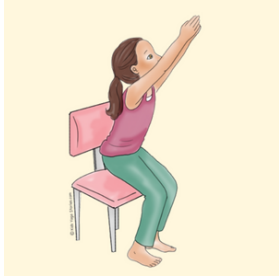





Jumping Challenge

Week 1			
Activity	How many or how long	How many days	Instructions
Sit and stand 	10 times	Five days	When you are doing homework and want a quick break, try to stand up from the chair and then sit down again without using your hands. Try to stand up as many times in a row as you can, up to 10. You can also do this challenge at any time, outside or inside, whatever suits your schedule.

Week 2			
Activity	How many or how long	How many days	Instructions
Jumping Challenge 	10 times	Three days	When you are doing homework and want a quick break, try to jump up as high as you can. As soon as you land jump again. Try to jump up high as many times in a row as you can, up to 10. You can also do the jumping challenge at any time, outside or inside, whatever suits your schedule.

Jumping Challenge

Week 3			
Activity	How many or how long	How many days	Instructions
Jumping Challenge 	10 times	Five days	When you are doing homework and want a quick break, try to jump up as high as you can. As soon as you land jump again. Try to jump up high as many times in a row as you can, up to 10. You can also do the jumping challenge at any time, outside or inside, whatever suits your schedule.

Week 4			
Activity	How many or how long	How many days	Instructions
Jumping Stair Challenge 	Once	Two days	Try to jump up a flight of stairs, one step at a time. Be sure to hold onto the handrail for balance. See if you can jump up all of the steps in a row (or with as few breaks as possible). You can do the jumping stair challenge at any time, and on any set of stairs, whatever suits your schedule.