

# K.T.E.S. Winter Activity Challenge



Student's Name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions

1. Write down all the different physical activities you participate in from **Jan. 7-Feb. 7**. Challenge family members to do at least two different physical activities with you – examples include walking, running, playing tag, throwing a ball, jumping rope, vacuuming, and playing at the park.
2. Be creative! Set a goal for you and your family to be active for at least 60 minutes a day. See how many different activities your family can do during this activity challenge. Try to be active for at least 10 minutes at a time.
3. Fill in the star (★) next to any activity that more than one family member does together.
4. **Return your log (with parent's signature) to your Miss Lennox by February 8.** All completed and returned forms will be entered into a drawing to win some great prizes (footballs, soccer balls, Frisbees, etc.)

## Record Your Activities

#	Description of Physical Activity	Minutes	Family
1			★
2			★
3			★
4			★
5			★
6			★
7			★
8			★
9			★
10			★
11			★
12			★
13			★
14			★
15			★

**Parent Note:** Children and adolescents need 60 minutes or more of physical activity – a combination of moderate-intensity aerobic activity (brisk walking) and vigorous-intensity activity (running) – each day.

Activities that increase the heart rate making conversations difficult while moving are considered to be moderate to vigorous physical activities. Incorporate vigorous-intensity activity at least three days per week.