

SEPTEMBER 28-30, OCTOBER 1-11

SAN TAN CHARTER

FALL BREAK – FAMILY FITNESS CHALLENGE

HAPPY FALL BREAK!!!!!!

In Dr. Seuss' ABC book, he made the alphabet easy to learn by going from Big A, little a, all the way to Z for "Zizer-Zazzler-Zuzz." Now we are going to make Fall Breaks Family Fitness Challenge just as easy and exciting with our own ABC's.

Here is how it works:

Each day during FALL BREAK we will have a W.O.D – Word and Workout of the day.

1. Locate, look up, and discuss the meaning of the Word of the Day on the calendar with your family. There will be questions for you to answer regarding WOD. Please answer questions on a blank sheet of paper with your name. You will need to have your parents sign the paper before turning in.
2. Match each letter of the word to the "Alphabet Fitness Key" to determine you and your family's workout.
3. Complete the workout of the day with your family.
4. Answer all questions on a separate piece of paper and bring it back to school when we return. Don't forget to get your parents to sign for credit.

LET'S GOOOOOOOOOOOOOOOOOO!!!!

EXAMPLE:

M-U-S-C-L-E

Look for the exercise associated with each letter on the Fitness Alphabet attached below.

M – 20 Burpees

U – 15 Squats

S – 15 Mountain Climbers

C – 30 Squats

L – 25 lunges

E – 20 Mountain Climbers

So now A-B-C is as easy as 1-2-3

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28. Endurance -What is endurance? -How do you build endurance? -What are two kinds of endurance?	29. Football -What is football? -Who is your favorite football team? -When was the first NFL game held?	30. Arizona Cardinals -Who are the AZ Cardinals? -Who do you think their best player is? What was their record last season?	1. Cactus Fruit -What is cactus fruit? -What is another name for cactus fruit? -What does it taste like?	2. Harvest -What is harvest? -What are some foods that harvest in the Fall?	3. Gathering -What is a gathering? some things you can do with your family at your next gathering?	4. Strength Training -What is strength training? -What are the benefits of strength training? -What is a fun exercise for strength training?
5. Autumn -What is Autumn? -What are your favorite Autumn smells?	6. Commitment -What does a commitment mean? -Why is commitment important? -What is something you are committed to?	7. Corn Maze -What is a corn maze? -What is the purpose of a corn maze? -Have you ever been in a corn maze? -	8. Pumpkins -Where do pumpkins grow? -What do pumpkins need to grow? -Is a pumpkin a fruit or vegetable? -Why do you think pumpkins turn orange?	9. Flexibility -What does flexibility mean? -Why is flexibility important? -How can you improve your flexibility?	10. Harvest Moon -What is harvest moon? -When does the Harvest Moon typically occur?	11. Stamina -What is stamina? -Why is stamina important for us? -Why is stamina important for an athlete? -How can you improve your stamina?

SHOW OFF IN FRONT OF YOUR FAMILY:

1. Tell your family what integrity means and give them an example of how you can show integrity.
2. Tell your family what leadership means and give them an example of how to be a good leader in the classroom and at home.
3. Tell your family what courage means and give them an example of a time you had to show courage.

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ALPHABET FITNESS KEY

A = 40 Jumping Jacks

B = 20 Crunches

C = 30 Squats

D = 10 Pushups

E = 20 Mountain Climbers

F = 10 Burpees

G = Arm Circles

H = 20 Squats

I = 30 Jumping Jacks

K = 10 Pushups

L = 25 Lun

M = 20 Burpees

N = 20 Second Plank

O = 40 Jumping Jacks

P = 15 Arm Circles

Q = 30 Crunches

R = 15 Pushups

S = 15 Mountain Climbers

T = 30 Second Wall Sit

U = 15 Squats

V = 15 Burpees

W = 30 Jumping Jacks

Y = 10 Pushups

Z = 1 minute Wall Sit