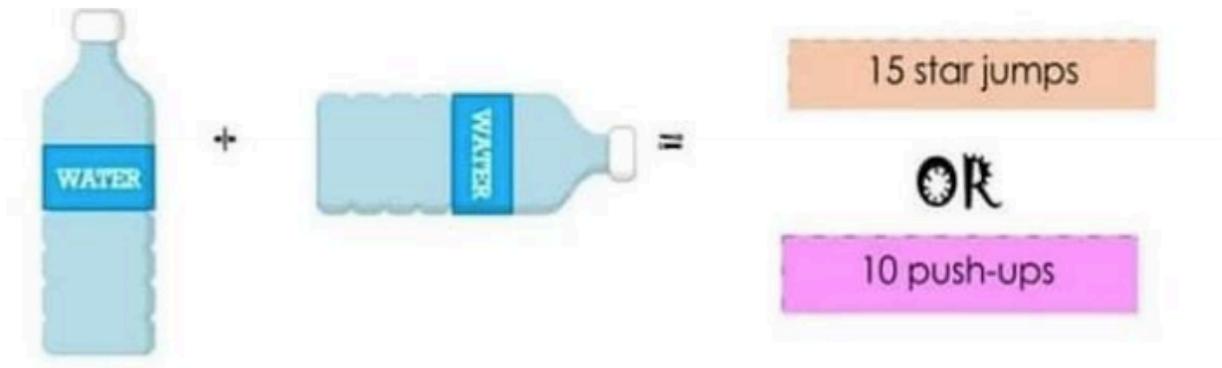
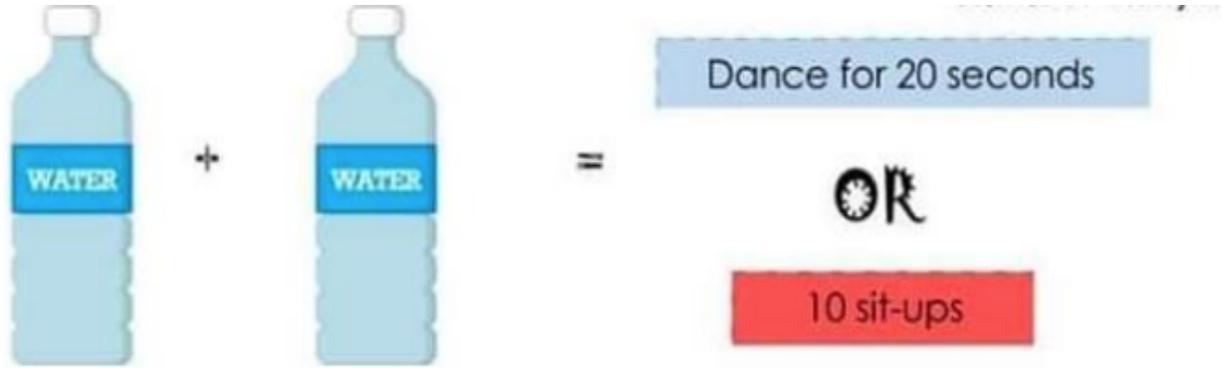


# Highlands Week 6

## Day 1

### K-5 Water Bottle Flipping Fitness

Your task is to find a partner. Each of you must flip a bottle at the same time. Complete one of the fitness tasks that represents how the two bottles landed. You and your partner do not have to choose the same one. Have Fun!



## K-2 What Makes Your Muscles Stronger?

**Day 2** Did you know there are activities you do every day that help your muscles get stronger? Some things make them stronger faster than others. See if you can figure out which activities below make your muscles get stronger faster. If you cannot print this sheet, you can always find a piece of paper to write your answers down. Have Fun!

<b>Muscular Strength</b> The ability of the <b>muscles</b> to <b>push</b> or <b>pull</b> with their total <b>force</b> (1 – 10 times).			<b>Muscular Endurance</b> The ability of the <b>muscles</b> to <b>repeat a movement</b> many times or <b>hold a position</b> without stopping to rest (12 or more times).		
Activity	Does it make your muscles get stronger faster or not? Circle your answer		Activity	Does it make your muscles get stronger faster or not? Circle your answer	
Doing Push Ups? 	<b>Yes</b>	<b>No</b>	Jogging? 	<b>Yes</b>	<b>No</b>
Watching TV? 	<b>Yes</b>	<b>No</b>	Reading a book? 	<b>Yes</b>	<b>No</b>
Climbing Monkey Bars? 	<b>Yes</b>	<b>No</b>	Flexed Arm Hang? 	<b>Yes</b>	<b>No</b>
Baking a cake? 	<b>Yes</b>	<b>No</b>	Blowing bubbles? 	<b>Yes</b>	<b>No</b>
Carrying 2 grocery bags? 	<b>Yes</b>	<b>No</b>	Walking up a flight of stairs? 	<b>Yes</b>	<b>No</b>
Jumping Rope? 	<b>Yes</b>	<b>No</b>			

Now that you have thought about what makes your muscles stronger faster, ask someone at home to join you in picking 5 activities that will help your muscles get stronger! They do not have to be from this list, they can be anything you pick!

### 3- 5 Muscular Strength vs. Muscular Endurance

**Day 2** Do you know the difference between muscular strength and muscular endurance? If not, no worries! Below are the definitions for both which will help you with today's activity! Once you read over the definitions, see if you can figure out which category each activity would fall under. If you can't print this sheet, just find a piece of paper and write your answers down. Have Fun!

<b>Muscular Strength</b> The ability of the <b>muscles</b> to <b>push</b> or <b>pull</b> with their total <b>force</b> (1 – 10 times).			<b>Muscular Endurance</b> The ability of the <b>muscles</b> to <b>repeat a movement</b> many times or <b>hold a position</b> without stopping to rest (12 or more times).		
Activity	Is it Muscular Strength?	Is it Muscular Endurance?	Activity	Is it Muscular Strength?	Is it Muscular Endurance?
5 Push Ups 			8 squats 		
Shooting a basketball 			25 second wall sit 		
4 second handstand 			5 second flexed arm hang 		
43 Curl Ups 			Pulling a partner on a scooter 		
Carrying 2 grocery bags 			Walking up a flight of stairs with 10 steps 		
Jumping Rope for 3 minutes 					
Plank with 10 shoulder taps 			Giving a 1 <sup>st</sup> grader a piggy-back ride 		

Now that you've figured them out, pick 3 muscular strength and 3 muscular endurance activities to try. They don't have to be from this list, they can be anything you pick!

## K- 5 Indoor Circuit Training

**Day 3** Cardiorespiratory endurance is the ability of the heart, blood, blood vessels and lungs to supply enough oxygen and necessary fuel to the muscles. Note you can use canned goods or milk jug filled with water for your bicep curls if you don't have any hand weights. Have Fun!

# Kids Indoor Training Circuit

Run in place – 30 seconds
Bicep curls – 12 repetitions
Run in place – 30 seconds
Push ups – 12 repetitions
Run in place – 30 seconds
Jumping jacks – 12 repetitions
Run in place – 30 seconds
Heels to bottom – 12 repetitions
Run in place – 30 seconds
Kids choice – 12 repetitions

TRY IT AGAIN!

# FLEXIBILITY

## Day 4

Everyone can get flexible if they work at it. Some people have a natural gift for flexibility others have to struggle to gain every little bit but everyone can get there. It takes persistence and regular training and the muscles adapt and respond.



## **THE DAILY MILE AT HOME**

### **Day 5**

Take a fun 15-minute movement break every day with The Daily Mile at Home.

**WHAT IS THE DAILY MILE?** UW Medicine partnered with The Daily Mile Foundation to bring The Daily Mile to schools across the US. The Daily Mile is a fun, free, and simple children's health initiative that gets children to run or jog at their own pace for 15 minutes during the school day. Schools across the world do The Daily Mile as part of their daily routine, making kids fitter, healthier, and more able to concentrate. Typically, The Daily Mile takes place at school during the school day. Due to school closures, families are invited to do The Daily Mile at Home instead.

**1. BEFORE YOU START.** The Daily Mile at Home is intended to be a fun movement break for the whole family, something you can do together every day. Remember to maintain social distancing with others along the way.

**2. PLAN YOUR ROUTE.** The route should be safe and social for your family. Families are encouraged to run, jog or fast walk for 15 minutes. The route can be shorter than one mile. Many laps around a smaller route (ex. backyard, around the block, nearby park) are perfectly acceptable if safety and appropriate social distancing can be maintained. Individuals should always walk or run at their own pace and encourage each other along the way.

**3. HOW TO BUILD CHILDREN'S FITNESS THROUGH THE DAILY MILE.** During the Daily Mile at Home, children should be moving at their own pace – running, jogging or fast walking. The goal is to maintain movement for the full 15 minutes. Try to move at a pace that results in a light sweat after a few minutes. This level of activity equates to moderate-to-vigorous exercise, which studies show can improve health and learning.