

Highlands Week 7

Day 1 Find a family member you can challenge using the word search below.

1. See who can find the word first by pointing it out.
2. The 1st one to find the word will select 1 exercise for the other player to perform.
3. Each exercise will only be done 20 times.



One place people get fresh vegetables and fruits is from the Farmers Market. If you had a chance to go to the Farmers Market, name 10 fruits and vegetables you would like to purchase if you were shopping there.

List of Exercises

Jumping Jacks Bell Hops Ski Hops Push-ups Curl-ups

High Knees Heel Kickers Star Jumps Run in Place

Day 2

Sock Ladder Challenge

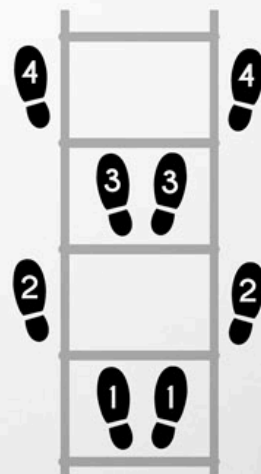
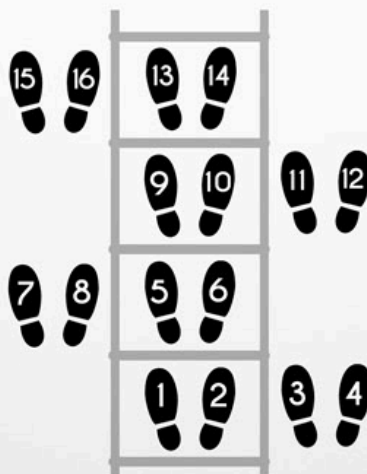
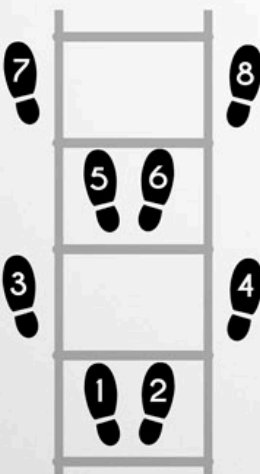
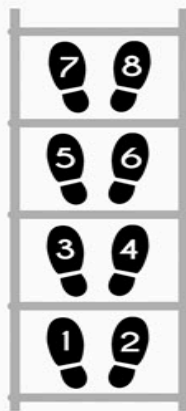
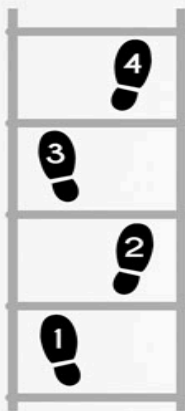
To successfully complete the challenge you need to do at least 6 in 20 seconds.

Begin by laying out 4 socks like rungs of a ladder.

Now step between the rungs working your way along the ladder then back again. **= 1 time**

Both feet must touch the floor in each space between rungs.

Try the other footwork patterns! Have Fun!



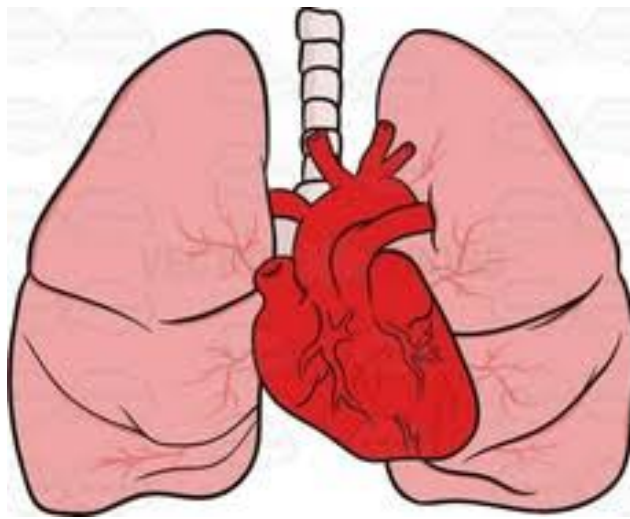
Day 3

Cardiorespiratory Endurance

The Cardiorespiratory System is made up of the the heart and lungs. You have two lungs: a right and left. The heart is located on the left side of your chest between the two lungs.

Definition: The ability of the **heart** and **lungs** to supply **oxygen** to the muscles during **long periods** of **physical activity**.

This is an image of your lungs and heart. They work together all day to keep the oxygen moving throughout your body.



See how your heart and lungs work while trying different things. Find a family member to do this with you.

1. While sitting and reading this, put your hand over your heart and feel how hard or soft it's beating. What do you notice about your breathing? Explain to your family member.
2. Try doing 20 jumping jacks and put your hand over your heart again? Tell your family member what differences you notice in your heart rate and your breathing.
3. Try doing high knee jogging in place for 45 seconds. What do you notice? Explain to someone in your family.

Challenge question: Why do you think the changes are happening in your heart and lungs when you start to exercise more? You can send me your answer through email if you want to share your thoughts with me!

Day 4

Flexibility

Flexibility

The body's ability to **bend, reach,** and **stretch** the **muscles** and **joints** through a full range of motion.

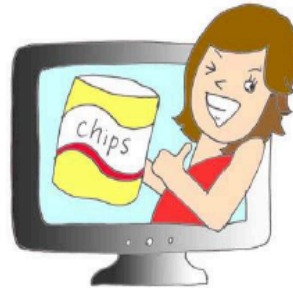
Muscles are not naturally flexible in every person but if you practice, your muscles become flexible and increase range of motion. When you are trying the stretches below, keep in mind you should always start at progression 1 and as you practice at this level, you would then move on to the next level. Always listen to your body. Stretching should not hurt but rather feel nice to stretch those muscles. Try holding the stretch for a minimum of 20 seconds.

Progression 1	Progression 2	Progression 3
		
		
		
		
		

Day 5

INTERVIEW QUESTION:

What product would you endorse if you were a professional athlete?



Ask five different people this question and record what they say below. Call them, email them, text them, or ask them in person. Don't judge their answers, just write it down here on this page.



Name: _____ Age: ____ How do you know this person: _____
Answer: _____

Name: _____ Age: ____ How do you know this person: _____
Answer: _____

Name: _____ Age: ____ How do you know this person: _____
Answer: _____

Name: _____ Age: ____ How do you know this person: _____
Answer: _____

Name: _____ Age: ____ How do you know this person: _____
Answer: _____