



Healthy Week



Equipment:

- ✓ Whiteboard and a marker

TIP: *Don't have the items needed to play? Use a piece of paper and a pen instead!*

Get Ready!

Write down and **review** the lyrics for the "Healthy Week" song.

If needed, **review** the tune for the "12 Days of Christmas."

Instructions:

Players will sing the lyrics to the "Healthy Week" song! It is sung to the tune of the "12 Days of Christmas." Each day of the week has a different movement. When you sing the name of a movement, complete the movement before moving onto the next verse.

Healthy Week Song Lyrics:

"On the (day of the week) of good health, my friends did with me..."

Monday: "one big breath that gives us energy"

Tuesday: "two forward lunges"

Wednesday: "three overhead reaches"

Thursday: "four forward kicks"

Friday: "five jumping jacks"

Saturday: "six vertical jumps"

Sunday: "seven deep squats"

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. Today you worked on stretching and improving your flexibility. Where do you feel a stretch when you bend over and try to touch your toes?

2. How do you stretch the back of your arms?