

Most of the activities can be done indoors and outdoors. Check (✓) the ones your class has tried.

WARNING: THESE ACTIVITIES CAN LEAD TO FITNESS — AND UNCONTROLLABLE LAUGHTER!



ACTIVITY LEGEND

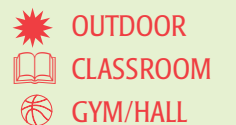


5 Minutes of Fun!

- Jack's Jumpers!** (see **JUMP Skills Poster**) For stretch breaks or warm ups!
- Fun Run** How many running steps can you do on the spot in 30 seconds?
- Jumping Jacks** How many can you do in 30 seconds? Try to beat your number!
- Skipping Skill** Skip with a pretend rope! How many skips can you do in 30 seconds?



ACTIVITY LEGEND



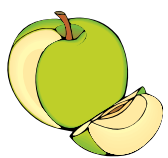
ACTIVITY LEGEND



10 Minutes of Fun!

- Crab Crawl** How fast can you crawl to the finish line on your hands and feet, stomach up, like a crab?
- Body Balloon** Hit a balloon or beach ball around – using your elbow, knee or other body parts – without letting it touch the ground!
- Hot Potato** Players stand in a circle and pass a beanbag – or potato! – around to music (use the JUMP CD!). When the music stops, the person holding the “hot potato” is out.
- Snakey** Two students wiggle a skipping rope along the floor like a slithering snake. Others try to jump over the snake without stepping on it. Take turns wiggling the rope.

HEART HEALTHY EATING TIPS



1. Veggies and fruits have nutrients that help keep you healthy and strong! Everyone over the age of 6 should eat 5 to 10 servings a day.
2. Pack healthy snacks! Wash and pre-bag baby carrots, celery sticks and red pepper strips so that they're ready to eat on the go!
3. A can of pop contains ten teaspoons of sugar and has little nutritional value! Choose water or juice instead.
4. Give new foods a try! Did you know that it can take up to 10 tries before you may like a new food?
5. Don't over eat! Listen to your body, it will tell you when it's full.
6. Make food fun to eat. Cut sandwiches into interesting shapes with cookies cutters!
7. Eat a healthy snack every couple of hours to help keep you active, alert and growing!
8. Top off your breakfast cereal with sliced bananas or fresh berries for an added boost of energy and vitamins!
9. Do it together! Make the **Berry Good Smoothie** recipe found in the “Jump Start your Family's Heart Health” brochure with your family.



ACTIVITY LEGEND



15 Minutes of Fun!

- Back to Back** Two players stand back to back with arms linked. Players should be about the same age and height. Players then squat down. Easy, right? Now the hard part: Can the pair get up without toppling over? No hands allowed!
- 3-Legged Race** In a 3-legged race, two players run with the left leg of one person tied to the right leg of the other. The tied limbs become the third leg. The team who crosses the finish line first wins!
- Frozen Tag** When the person who is “it” tags someone, the tagged person is “frozen” in place. They cannot move and must stand with their feet apart. The only way they can become “unfrozen” is if a person crawls under their legs. Play continues until all the players are frozen. The last person to be frozen is “it” for the next game.
- Simon Says** One player is Simon. Simon calls out an action for players to follow. When the command doesn't begin with “Simon says...” whoever does that action is “out” and has to sit down. The last person standing is the next Simon! Tip: Call out actions that require lots of movement, for example, jumping jacks, wall push-ups, dancing on the spot. The more active, the better!



ACTIVITY LEGEND



20 Minutes of Fun!

- Dance-Off Challenge** The first person starts by making up 4 beats of dance steps to music. The next person repeats what the first person has done, then adds on 4 more beats of dance steps. Keep going around the group until someone forgets the sequence of steps. If you forget – you're out! In the end, there should be two of you left in a dance off.
- Ghostly Giggle Tent Walk** Set a start and a finish line for your “race.” Choose an open space without any steps, holes or other obstacles that could lead to bumps or bruises. Drape a large white sheet over all of the players to make a giant ghost. The object of the game is for the ghost to make its way to the finish line without dropping the sheet, and without any players winding up outside the sheet or falling down. Try to beat your best time!
- Red Light/Green Light** One person is the stop light. Players form a line about 10 metres away. With his back to the players, the stop light says “green light” which signals players to move towards him. At any point, the stop light may say “red light!” and turns around. If anyone is caught moving, they're out. Play resumes when the stop light turns back around and says “green light”. The stop light wins if everyone is out before anyone is able to touch him. Otherwise, the first player to touch the stop light wins the game and earns the right to be the stop light for the next game. (Teacher may need to be the one who decides who was moving or not moving!)
- Ice Floes Race** Each player needs two sheets of newspaper. These represent the ice floes. Decide on the racecourse, and set a start and finish line for the race. Have each player put a sheet of newspaper on the floor at the starting line. To begin, players stand with both feet on the newspaper. At the chant of “ready, set, floe!” players place the second newspaper sheet on the ground in front of them. Players cross the “bay” by stepping on the newspaper ice floe in front of them. They then pick up the one behind them and put it down again in front of them. The first player to reach the finish line – without having torn the ice floe or stepped into the frigid sea – wins!