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CLINTON  
FOUNDATION

# BASKETBALL

*Equipment Needed:*

*1 ball for each student*

- Dribble with right hand:  
8 times
- Dribble with left hand:  
8 times
- Dribble alternating hands:  
5 each hand
- Dribble in a straight line:  
10 steps
- Dribble zig-zag pattern:  
10 steps

# 2

## TASK CARDS

### **BASKETBALL**

*Equipment Needed:*

*1 ball for each student*

- Basketball around head:  
5 times
- Basketball around waist:  
7 times
- Basketball around knees:  
9 times
- Basketball around body:  
11 times
- Figure eight around legs:  
3 times

## VOLLEYBALL

*Equipment Needed: 1 volleyball or beach ball for each student*

- Self toss and do 10 forearm passes
- Self toss and do 10 sets
- Toss the ball to yourself and try to hit a spot on the wall 10 times
- 10 forearm passes
- 10 sets to the wall

# 4

## TASK CARDS

### **VOLLEYBALL**

*Equipment Needed: 1 volleyball or beach ball for each student*

- Perform 10 block jumps
- Perform 10 underhand serves to the wall
- Perform 5 underhand serves against the wall, return each serve with a forearm pass
- Perform 5 underhand serves against the wall, return each serve with an overhead pass
- Perform 10 block jumps

# 5

## TASK CARDS

# NFL STADIUM GEOGRAPHY

*Assume the front of the classroom is the northern part of the USA*

- Skip to the New York Giants stadium: signal touchdown 7 times
- Jog to the St. Louis Rams stadium: signal start the clock (arm circle) 6 times each arm
- Walk to the Baltimore Ravens stadium: signal pass interference 5 times
- Jump to the Denver Broncos stadium: signal incomplete pass or “no good” 4 times
- Gallop to the Tennessee Titans stadium: signal first down 3 times each arm

# 6

## TASK CARDS

# NFL STADIUM GEOGRAPHY

*Assume the front of the classroom is the northern part of the USA*

- Gallop to the Arizona Cardinals stadium: pretend to kick a field goal 3 times each leg
- Jog to the Philadelphia Eagles stadium: pretend to throw 6 touchdown passes each arm
- Skip to the San Diego Chargers stadium: pretend to punt the ball 3 times each leg
- Walk to the Minnesota Vikings stadium: jump high in the air and catch 6 touchdown passes
- Hop to the Seattle Seahawks stadium: pump your arms up in the air 10 times

# 7

## TASK CARDS

- 20 arm actions  
*Pump arms like running hard*
- 10 ski jumps
- 16 knee to elbow
- 26 punches overhead
- 10 straight leg marches





8

## TASK CARDS

- Write your last name in the air with your left foot
- 14 crisscross jumps
- 6 jumps forward and back
- Write your first name in the air with your right foot
- 8 wood chops each side



# 9

## TASK CARDS

- 18 hula hoops
- 15 shoot baskets
- 22 high knees
- 16 paddle a kayak
- 22 glute kicks

# 10

## TASK CARDS

### TENNIS

- 12 serves
- 10 forehands
- 8 backhands
- 6 volleys
- 4 overhead shots



## BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner



# 12

## TASK CARDS

### SWIM

- 12 backstrokes
- 12 breaststroke
- 12 butterfly stroke
- 12 freestyle stroke
- 12 side strokes

# 13

## TASK CARDS

- Sit down in 10 different chairs/desks.
- March 100 steps behind your own desk.
- Give 10 different people a high five.
- Touch all 4 corners of the room.
- Move your math book around your waist 20 times.

# 14

## TASK CARDS

- Recite the alphabet while doing bicep curls.
- Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)
- Tiptoe walk from across the room and back.
- Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.
- Walk backwards around your desk 5 times.

## DANCE

- 16 Cha Cha (8 each side)
- 12 Grape Vine (6 each side)
- 10 Twist and Shout
- 8 Chicken Dance
- 6 Gangnam Style



### YOGA

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose



## ANIMALS

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear



### WEATHER

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 blizzard skiing



**ADDITION**

- $1 + 4 =$  Washing machine
- $5 + 3 =$  Rake the leaves
- $3 + 6 =$  Star jumps
- $9 + 1 =$  Chair dips
- $2 + 7 =$  High knees

**SUBTRACTION**

- $7 - 3 =$  Wash the car
- $9 - 2 =$  Seated flutter kicks
- $10 - 4 =$  Hop on one foot, switch
- $8 - 1 =$  Butterfly legs
- $5 - 0 =$  Firework jumps

## MULTIPLICATION

- $5 \times 2 =$  Wall push-ups
- $8 \times 1 =$  Bear crawl
- $6 \times 4 =$  Marching in place
- $7 \times 4 =$  Chop down the tree
- $2 \times 9 =$  Walk the tight rope