PHYSICAL ACTIVITY ‘HOMEWORK’

Active Homework—Ideas or suggestions of physical activities that students can try during after-school hours:

1. **PLAY 60**: Using the NFL PLAY 60 app, go on an adventure in a virtual world where you will physically move your body by running, jumping, pivoting and turning in place to help your avatar avoid obstacles. Challenge your family and friends to see who can get the highest score in the game. You can also choose an activity from the Activity Finder to complete. So, pick your avatar and get active using the PLAY 60 app every day after school.

2. **Be a Biathlete**: Draw a chalk target on your driveway (or use a bucket or box) and designate a throwing zone. Run, skip or bike around a set course and stop at the throwing zone. Use newspaper balls to throw at your target, three throws per round. How many balls can you get on/into the target in five rounds? **Adaptation**: Perform movements while in a stationary position (pretend to climb a ladder with your hands or stomp your feet in place) for 15-30 seconds before taking your throws.

3. **Pump it Up**: Using cans of soup or vegetables, do a 15-minute workout at home to strengthen your muscles. Begin by holding the cans in front of you with straight arms. Do front raises (lift cans shoulder height in front of you), side raises (lift cans shoulder height beside you), and overhead presses (hold cans at shoulder height with elbows bent and extend arms overhead). Remember to keep your feet hip width apart and to bend your knees a little bit as you lift. **Adaptation**: Instead of using both arms at the same time, complete the movements one arm at a time. Use a lighter or heavier can or container to make the challenge suit your needs.

4. **Be a Top Earner**: Create a list of physical activities and add a point value to each activity. Participants “earn” the points every time they complete an activity. Assign higher point values to more challenging tasks (e.g., jump rope for two minutes = 10 points; 30 minutes of cleaning = 100 points). Keep a chart on the fridge with each family member’s “earnings” and challenge family members to see who the top earner is over the course of a weekend, week or month. **Adaptation**: Vary the activity amount to suit individuals’ abilities or age.

5. **Pillowcase Race**: Use a pillowcase and challenge siblings, parents or neighbors to a safe pillowcase race around the house. Or time yourself to see how long you can continuously travel by hopping in the pillowcase. Record your time and try to beat your record the next day.

6. **Post It**: Write various physical activities on note or index cards and post one in each room of your house. Every time you go into that room, complete the activity on the card. **Adaptation**: Individuals choose the activity they wish to complete in each room, and make their own cards with their choices on them.
Physical Activity History: On a piece of paper, draw a horizontal (X axis) line to represent your age in years from birth to your current age, and vertical (Y axis) line to represent your physical activity level (zero to a lot of activity). Plot your physical activity levels throughout your life and identify reasons why activity increased or decreased in some phases of life. Set goals that will help you increase physical activity over the next few months. Adaptation: Discuss your physical activity level with a teacher or family member if you are unable to chart your progress on paper.

A-Z Activity Challenge: Complete one activity for each letter of the alphabet, e.g., H = handstand or hopping, U = crawl under something, Z = run in a zigzag line around the outside of your house. Adaptation: If you are doing this activity with another person, each person can do a different movement for a given letter (e.g., one person may perform a warrior pose for the letter W, while the other might walk on their tip-toes).

Chore Fun: To make chores a little more fun, write down each chore to be completed on a separate piece of paper and include a different physical activity with each chore (e.g., load the dishwasher and dance for two minutes, dust the living room and see how long you can balance on one leg). Fold the pieces of paper and place them in a bowl or box. Draw out a piece of paper and complete the task written on it. Adaptation: Individuals get three vetoes and can choose another activity only if they are unable to complete the activity they draw.

Speed Ladders: Use sidewalk chalk or your imagination to create a ladder. Design and perform speed work activities that include patterns (e.g., in-in-out-out, high knees, kick-ups [try to kick your bottom using your foot while moving through the ladder]).

Juggling: Using scarves or pairs of socks, work on your juggling skills. For steps on juggling up to three items, visit www.wikihow.com/Juggle. Adaptation: Use one or two items to juggle from a seated or standing position.

What Can I Do for my Health?: Make a list of physical activities you can do at home during the different seasons. Set a SMART goal related to how often you participate in these activities. A SMART goal is a goal that is Specific, Measurable, Achievable, Realistic and Timely. Going for a brisk walk for 10 minutes every day after school is an example of a SMART goal. Get your family involved and have everyone set goals. Adaptation: Make a list that is personalized for your needs.

The One Minute Challenge: Pick any activity and see how much you can do in one minute. How many clothes can you pick up from the floor in one minute? How many times can you hop in one minute? Repeat this several times and aim to break your own records. Adaptation: Make a list of activities that suit your needs.

Get Open in Open Space: Locate all the parks in your area. Make a goal to visit each one and try out every piece of equipment in the park (every swing, every slide etc.). Adaptation: Look for an accessible playground.
Heart Rate Team Relay: As a family, choose four different activities to complete (e.g., run around the outside of the house once, bunny hop down the driveway, touch a wall in every room, sit down for one second on five chairs in your house). Have a designated start area and finish (end) zone. The first player completes the first activity, followed by the second player and so on. When everyone has completed the first activity, move on to the next. While waiting for a player to finish, the rest of the group can see how many times they can throw and catch a ball or jog in place. Adaptation: Have an alternative stationary activity for participants with limited mobility (e.g., 30 toe taps or 30 arm windmills).

Obstacle Course: Make an obstacle course with household items (e.g., pillows, chairs, blankets) and time yourself moving through it. Challenge siblings, parent(s)/guardian(s) to beat your best time, or track your personal best and attempt to improve upon your record. Adaptation: Let group members decide how to move around the obstacle course (e.g., walking vs. running, crawling or sliding).

The 10 Times Challenge: Each day of the month, one person in the family gets to challenge everyone else in the house to complete 10 repetitions of a given activity (e.g., 10 jumping jacks before dinner, 10 minutes of dancing). Make sure the challenger does the activity too! Use a calendar to assign days to each family member and to give them time to think about their challenge. Adaptation: Have a bank of 2-3 activities that a family member can choose as an alternative if they are unable to complete the challenge of the day.

Healthy Holiday: Make up holiday-themed physically active games for your friends and family and invite them to participate. Be creative! For example, for Valentine's Day make a physical activity BINGO card using the word HEART rather than BINGO and each cell on the card is a physical activity. Adaptation: Include activities for individuals who might need modifications.

What Day is It?: Make a calendar with different physical activities that correspond with the days of the month. For example, on April 12 do 12 star jumps. Adaptation: Choose activities suited to your needs (e.g., arms extend like in a star jump from a seated position).

Bookends: Do 50 jumping jacks before you start your homework, do 15 crunches between subjects, and when you have finished all your homework, pretend to jump rope, counting 50 revolutions.

Travel the United States: As a family, keep track of the daily number of minutes everyone is physically active. Each minute is equal to a mile. See how long it takes the family to travel from your home to your favorite places in the United States.

Act it Out: Play sport charades. Include less popular sports like curling, field hockey, kayaking, etc.

It Takes Four: Find four friends to PLAY 60. Each person selects a sport or physical activity that the group will participate in together for approximately 15 minutes to accumulate 60 minutes of activity for the day.
TV Challenge: Make up a 'workout routine' to perform during commercial breaks (short 2-3 minute circuits of push-ups, crunches, squats, etc.). Have the class brainstorm to come up with a new circuit for every week and write it down in their Student Game Planners. Here are some ideas:

- Hop on one foot for 30 seconds, switch and hop on the other foot for 30 seconds.
- Walk up and down the hall or around the room on your tip toes for one minute.
- Wall sit: Stand against a wall, slowly bend your knees down into a 90 degree angle, keeping back against the wall. Hold for 30-60 seconds.
- Stand with feet shoulder width apart, bend one knee up into a 90 degree angle, balancing on the other leg. Hold for a count of 20 and switch legs. Do five repetitions.
- Lay on your back and write your first name in the air with your toe. Switch legs and write your last name. Switch legs and write your last name.
- Three sets of push-ups — 15 each set.
- Lay on your back, extend both legs into the air at a 90 degree angle from the floor. Slowly lower your legs (knees straight) to the floor. Do 20 repetitions.
- Jump tucks: Stand with feet shoulder-width apart, knees slightly bent, with arms at sides. Jump up bringing knees up to chest, land on balls of feet. Do 10 repetitions.

Family Game Night: Play a board game and assign a physical activity to different parts of the game. For example, to buy a property in Monopoly you have to do five push-ups in addition to paying for the property. Modify the designated activity as needed for family members.