















# WEEK #6 TRACKER

Name: \_\_\_\_\_ Team/School: \_\_\_\_\_

	April 6	April 7	April 8	April 9	April 10	April 11	April 12
Check off each day you are active in the boxes below. Any activity counts!							
<input checked="" type="checkbox"/>	<input type="checkbox"/> Training Tuesday	<input type="checkbox"/> Wellness Wednesday	<input type="checkbox"/> Turn It Up Thursday	<input type="checkbox"/> Feel Good Friday	<input type="checkbox"/> Strength Saturday	<input type="checkbox"/> Stride Sunday	<input type="checkbox"/> Mindfulness Monday
SONC Activity	<b>Jump for joy!</b> Today, we're working on our jumping skills! 	<b>Time for a hydration competition!</b> Who won? _____ 	<b>Time to get abs of steel!</b> 	Start and end the day <b>feeling good</b> with morning and night stretch sessions! 	<b>Clean space, strong body.</b> 	<b>Hit your water stride today!</b> 	<b>Work out your stress!</b> 
Did you do something different? Write it here.							
Did you Power Up by completing the Hydration Stations?	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>

At the end of the week, share your tracker with your teacher/coach.

# Week #6 Power Up: Hydration Stations

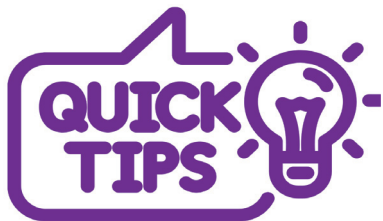
## Hydration Stations - Drink a glass of water:

- Station 1 - right when you wake up.
- Station 2 - with your breakfast.
- Station 3 - with your lunch or midday snack.
- Station 4 - with your dinner.
- Station 5 - right before you go to sleep.

**Advanced Power Up Option:** Drink a 16-ounce water bottle at each station AND only drink water all week.

## WHY HYDRATION IS IMPORTANT

- Your body needs water to keep it working properly
- You lose water every day when you go to the bathroom, sweat and even when you breathe
- You need to replace the water you lose so you stay healthy, hydrated and perform at your best



**Tip: Keep a glass or water bottle by your bed to help you remember to drink it when you wake up and go to bed!**

# April 6: Training Tuesday

We are continuing to work on our skills to help us jump higher and farther! Being light on your feet is important for track and field as well as other sports, like basketball and volleyball!

## First, let's warm up!

### 1 Jumping Ts: Do for 30 seconds

- Stand with your feet together and your arms at your sides.
- Jump and raise your arms out to shoulder height, forming a "T", and your legs open wide.
- Jump again and bring your legs together and your arms in.

**Chair modification:** Do the same leg and arm movements while sitting in a chair. You can also just do the arm movements and see how quickly you can raise and lower your arms.



### 2 Elbow to Knee Touches: Do for 30 seconds

- Stand with your feet shoulder-width apart.
- Bend your arms, making fists with your hands. Hold your elbows out in front of you, even with your shoulders.
- Raise your left knee and twist to touch it with your right elbow, or as close as possible. Then lower your knee and switch and touch your right knee to your left elbow.
- Continue to switch sides.

**Chair modification:** Do the same arm and leg movements while sitting in a chair. You can also just do the arm movements, but really focus on twisting to bring your elbow to the outside of your knee.



### 3 Jog or March in Place: Do for 30 seconds

Instructions on page 23

**Rest for 30 seconds, then get water. Repeat 2 more times.**

## April 6: Training Tuesday (continued)

Did you know that how far you jump in the long jump is measured at the point where you fall in the pit closest to the take-off board? Keep your hands in front of you so you can fall forward and get as many centimeters as possible!

### Let's get strong!

4

**Bunny Hops:**  
Do for 30 seconds

Instructions on page 24

5

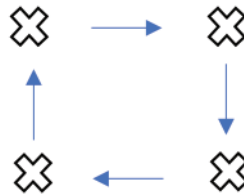
**Russian Twists:**  
Do 10 each side

Instructions on page 24

6

**Box of Squats: Do 2 times**

- We are going to do 4 jump/frog squats (from page 43) in a row, turning to the right each time to make a "box." Be sure to move quickly.
- Pick a place to start, jump forward and land on both feet, keeping your arms in front of you and your weight over your feet.
- Turn your body to face to your right. Jump/frog squat forward.
- Turn your body to face to the right again. Jump/frog squat forward.
- Turn your body one more time to face to the right and jump/frog squat forward. This will bring you back to the start! This counts as 1 rep.
- For the next rep, turn to the left instead of the right for the next four squats.



**Modification:** No jump; squat and then take two steps and turn.  
**Chair modification:** Quick arm punches (instructions on page 42)

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**Jump for Height: Do 10 times**

- Pick a soft place, like grass or an area with carpet. Visualize you standing at the edge of the jump pit.
- Stand with your feet shoulder-width apart. Line up your toes to make sure your feet are even.
- Do a slight squat, moving your arms backward then forward, and then jump!
- Jump as high as you can. Land on your feet. If your momentum moves you forward, that is okay. Keep the weight of your body and arms as forward as you can.

**Modification:** Small jump.

**Chair modification:**

Overhead press

Instructions on page 27



## Rest for 30 seconds, then get water. Repeat 2 more times.

## Let's cool down!

8

**Side Stretch:  
Hold for 30 seconds each side**

Instructions on page 46



10

**Modified Hurdler's Stretch  
or Wrist Stretch:  
Hold for 15 seconds each side**

Modified hurdler's stretch  
instructions on page 25



Wrist stretch instructions on page 28



EXTENSION

9

**Knee to Chest or  
Cross-Body Shoulder Stretch:  
Hold for 15 seconds each side**

Knee to chest stretch instructions on page 16



Cross-body shoulder stretch instructions  
on page 35



**Great job!  
Now, repeat these 2 more times!**

## April 7: Wellness Wednesday

This week's Power Up challenges you to drink water at 5 different times every day. How are you doing so far? Let's take it up a notch and make it into a hydration competition!

### Challenge someone to a hydration competition.

- Pick your favorite water bottle – try to use a 16-ounce one.
- Fill it up with water.
- Add a rubber band to the bottom of the bottle each time you finish it.
- Compare with your partner at the end of the day to see who has the most rubber bands.



**Who ended up with the most rubber bands on their water bottle?** Write it on your tracker.

Take a picture of your water bottle covered in rubber bands and share it with us on the Facebook group!

## April 8: Turn It Up Thursday

Having strong abs, also known as your core, is extremely important, as it helps with balance and supports your body, keeping you from falling. Having a strong core can help you prevent injuries and, of course, make you a strong athlete!

Let's work on that core strength and build abs of steel!

Do these 3 ab exercises while watching your favorite TV show, movie or listening to your favorite music:

1. **Curl-Ups** – do 20 times (instructions on page 7)
2. **Toe Touches** – do 20 times (instructions on page 38)
3. **Bicycle Crunches** – do 10 on each side

- Lie on your back with your legs straight. Clasp your hands behind your head.
- Keep your left leg straight and bend your right knee toward your chest. Cross and touch your left elbow to your right knee.
- Switch and touch your right elbow to your left knee.

**Chair modification:** Sit with your feet flat on the ground. Reach your right hand down towards the outside of your left foot. Come back up. Reach your left hand down towards the outside of your right foot. Come back up. Repeat.



## April 9: Feel Good Friday

Set aside time right when you wake up and right before you go to bed to work on your flexibility. You will work on the stretches you've done before. Try to hold each stretch for 45 seconds and take deep breaths as you stretch.

- **Calf Stretch:** 45 seconds each side (instructions on page 8)
- **Triceps Stretch:** 45 seconds each side (instructions on page 8)
- **Crossed Leg Hip Stretch:** 45 seconds each leg (instructions on page 28)



**Repeat 3 times. Don't forget to breathe!**

## April 10: Strength Saturday

**A tidy living space helps reduce stress and less stress means better health!**

It's always good to keep your home tidy and clean. Let's try doing your exercises while you do some chores! Choose 2 chores and do the exercise to go along with it! Feel free to use modifications for these exercises.

**Advanced Option:** Do every exercise in the list 10 times. That equals one round. Try and do 3 rounds!



Chore	Exercise	Page #
<b>Washing the dishes</b>	3 shoulder shrugs for every dish	34
<b>Folding laundry</b>	1 lunge each side for each item folded	24
<b>Putting things away</b>	3 push-ups for every item put away	6
<b>Cooking a meal</b>	3 bunny hops for every ingredient in your meal	24
<b>Pick another chore</b>	2 quick punches each side for every part	42

## April 11: Stride Sunday

Challenge a friend to see who can get more miles from walking or running in a day. When you are out walking, carry a water bottle with you. Every 10 minutes, take a drink of water. See if you can finish your water bottle before you get back.

### For your water stride:

- Try a walking or running route that brings you past water (lake, ocean, creek, water fountain). It can be any type of water.
- Tell your partner about what type of water you walked past today.
- Maybe even send a picture of you in front of the water!

## Hitting Your Water Stride

### Stride Goals

**Beginner Goal:** Get 6,000 steps or 3 miles.

**Advanced Goal:** Get 10,000 steps or 5 miles.

**Turn It Up a Notch Goal:** Get 13,000 steps or 6.5 miles.

## April 12: Mindfulness Monday

A stress ball can help you feel better when you are stressed. It is usually a soft ball made of foam that you can squeeze whenever you feel stressed. Today, let's make our own!

### What you need to build a stress ball:

- A sock or fabric
- Rice or sand
- A rubber band



### Instructions:

- Fill a sock (or fabric) with your rice or sand
- Tie a knot or secure it with a rubber band.
- Post a picture of your stress ball on the Facebook group or send one to your coach. We want to see how creative you got!

**Now, try using your stress ball! Do you feel more relaxed?**

**Throughout the day, whenever you are stressed, use your stress ball!**

### How to use a stress ball:



Squeeze the ball for **3 seconds**.



Release the ball **slowly**.



Repeat **5 to 10 times** for **1 minute**.