

# WEEK #9 TRACKER

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

	April 27	April 28	April 29	April 30	May 1	May 2	May 3
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	<p><b>Let's get jumping</b> with today's workout!</p> 	<p><b>Make a fruit salad!</b> What's your favorite ingredient?</p> <hr/> 	<p>See if you can complete the <b>jump rope ladder workout!</b></p> 	<p><b>Stretch and drink</b> a glass of water after each meal!</p> 	<p><b>Get strong with Rock, Paper, Scissors!</b></p> 	<p>Let's set a <b>personal record</b> today!</p> 	<p><b>Yoga flow!</b> What was your favorite pose from today?</p> <hr/> 
Did you do something different? Write it here.							
Did you Power Up by getting your Power 5?	Yes I did! <b>5</b> <input type="checkbox"/>	Yes I did! <b>5</b> <input type="checkbox"/>	Yes I did! <b>5</b> <input type="checkbox"/>	Yes I did! <b>5</b> <input type="checkbox"/>	Yes I did! <b>5</b> <input type="checkbox"/>	Yes I did! <b>5</b> <input type="checkbox"/>	Yes I did! <b>5</b> <input type="checkbox"/>

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

## Week #9 Power Up: The Power 5

**What is the Power 5? Drinking 5 bottles of water and eating 5 fruits or vegetables in one day!**

### **Tips:**

- Drink out of a sports water bottle (16 ounces); it is refillable and can hold the right amount of water.
- Eat a fruit, like an apple, when you would normally reach for something sweet! Apples are very sweet, but have a lot less sugar than a candy bar!
- 5 fruits and vegetables may seem like a lot at first, but start with having a fruit for breakfast and 2 for snacks during the day. Once you have a vegetable with your lunch and dinner, you will reach your goal!



**Advanced Option:** In addition to getting your daily Power 5, challenge someone to see who can drink the most water this week!

# April 27: Training Tuesday

This is our last week of jumping skills and we are going to put them all together and see how far you can jump!

## First, let's warm up!

1

**Jumping Ts:**  
Do for 30 seconds

Instructions on page 51



2

**Quick Punches:**  
Do for 30 seconds

Instructions on page 42



3

**Fast Feet: Do for 30 seconds**

- Stand with your feet shoulder-width apart and your knees bent. Put your arms at your sides with your elbows bent.
- Rise to the balls of your feet and run in place as fast as possible.
- Keep your knees bent and quickly move back and forth between your feet.

**Chair modification:** Seated march and arm swings instructions on page 14

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

When doing either the running long jump or the standing long jump in competition, look straight ahead at the end of the pit and try to jump to that point. This will help you jump as far as you can!

## Let's get strong!

4

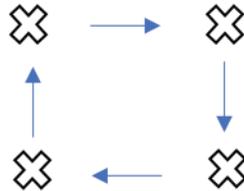
**Curl-Ups:**  
Do 10 times

Instructions on page 7

6

**Box of Squats:**  
Do 2 times

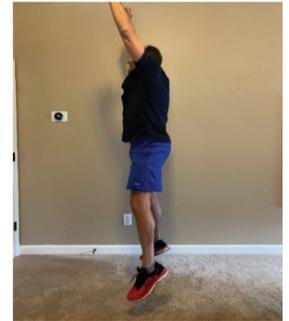
Instructions on page 52



5

**Standing Jump, Straight Up: Do 10 times**

- Stand with feet hip-width apart.
- Slightly bend your knees and then jump as high as you can straight up. Use your arms to build momentum.
- Land on two feet with slight bend in your knees.



7

**Standing Long Jump for Distance: Do 10 times**

- Follow the same instructions on page 52. **You can also view a video here:** <https://youtu.be/hVF-wpgE-pM>
- Instead of trying to jump as high as you can, try to **jump as high and far as you can.**
- Land on your feet. If your momentum moves you forward, that is okay. Keep the weight of your body and arms forward.



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

## Let's cool down!

8

**Calf Stretch:**  
**Hold for 15 seconds each leg**

Instructions on page 8



10

**Side Stretch:**  
**Hold for 15 seconds each side**

Instructions on page 46



9

**Quadricep Stretch:**  
**Hold for 15 seconds each side**

Instructions on page 25



**Rest for 30 seconds.**  
**Repeat 2 more times.**

*breathe*

**Fast Stretching Facts:** Don't bounce while you stretch. Bouncing as you stretch can injure your muscle and actually contribute to muscle tightness.

- Mayo Clinic

## April 28: Wellness Wednesday

**Power 5 Snacking: Try making this quick and easy fruit salad that will help you get your fruits for the day!**

**Here are some ideas for ingredients, but you can use whatever fruit you have:**

- 1 cup pineapple chunks (canned, frozen or fresh)
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- $\frac{3}{4}$  cup plain Greek yogurt

**Directions:**

- Put all the fruit in a medium mixing bowl.
- Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
- Enjoy and refrigerate any leftovers!



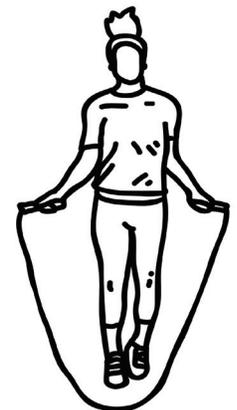
**What was your favorite ingredient?  
Write it on your tracker!**

## April 29: Turn It Up Thursday

## Jump Rope Ladder Workout

We are keeping this one simple and fun, but don't be fooled; you will feel tired when you are done. Put on your favorite workout music and let's get started!

1. Jump rope at a slow pace – do for 1 minute, rest for 30 seconds
2. Jump rope at a medium pace – do for 1 minute, rest for 30 seconds
3. Jump rope as fast as you can – do for 1 minute, rest for 30 seconds
4. Jump rope at a medium pace – do for 1 minute, rest for 30 seconds
5. Jump rope at a slow pace – do for 1 minute



**See page 68 for jump rope instructions, tips, and modifications.**

# April 30: Feel Good Friday

The Power of 3! Do these 3 stretches, then drink a full glass of water. If you can't do all the stretches, feel free to add your own. Do this 3 times throughout the day. We have already learned that stretching right after meals is a great time, so plan on right after breakfast, lunch and dinner.

## 1 Upper Back Stretch:

- Stand or sit tall and lace your fingers together with your palms facing outward.
- Stretch your arms out in front of you at the level of your shoulders with your elbows straight.
- Reach out so that you feel your upper back stretch.
- Gently tuck your chin toward your chest and hold for 30 seconds.



## 2 Rag Doll Pose:

- Stand or sit with your feet slightly apart and reach your hands up to the sky.
- Slowly bend forward as your arms fall gently toward the ground. Let your knees bend and relax.
- Round your back and let your head hang heavy as you reach gently toward the ground. Hold for 30 seconds.



## 3 Saddle Stretch:

- Sit with your legs straight and open into a wide "V" position.
- Reach toward your right foot while keeping your legs as straight as possible until you feel a stretch and hold for 30 seconds.
- Repeat the stretch toward your left foot and then toward the middle.



## May 1: Strength Saturday

**Rock, Paper, Scissors, Shoot! Partner up with a friend, roommate or a family member for this Strength Saturday!**

**Here's how to play:** You can even play this over video chat!

1. Each of you pick 3 strength exercises from over the past 9 weeks. Write them down on a sheet of paper.
2. Then play rock, paper, scissors!
3. Whoever wins gets to give his/her partner an exercise to do from the winner's list. The loser must do the exercise for 20 seconds.
4. Repeat steps 2-3 until one person is out of exercises to give. That person has won that round!
5. Play two more rounds to see who will be crowned the rock, paper, scissors champion!

**Who did you choose to challenge this Strength Saturday?** \_\_\_\_\_

**Which exercise was your favorite?** \_\_\_\_\_

## May 2: Stride Sunday

**It's the Final Countdown!  
Let's get out and set a personal record!**

You have really built up your endurance over these past 9 weeks. Let's step it up and see if we can push ourselves to go a little further today!

Challenge yourself to see if you can set a personal record! Can you go further today than you have over the past 9 weeks? Put on some music, grab a friend or your partner, put on your best walking shoes and let's get out there!

Write how many steps or how many miles you got on your tracker!

Were you able to set a personal record? Circle: **Yes** or **No**

### **Stride Goals**

**Beginner Goal:** 8,000 steps or 4 miles.

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

**Turn It Up a Notch Goal:** 14,000 steps or 7 miles.

# May 3: Mindfulness Monday

Follow along with this yoga flow provided  
by Special Olympics New Jersey.

## 1 Table Pose:

- Start on the ground on your hands and knees like a table.
- Line up arms and legs straight under your hips and shoulders.
- Hold this pose for 10 seconds making sure to take deep breaths in and out.



## 2 Child's Pose:

- From table pose, take your knees out wide.
- Bring your toes together and sit back on your heels. If this hurts, try putting a pillow or blanket between your knees and legs.
- Slowly walk your hands out in front of you and bring head to floor.
- Reach your arms forward and take a big breath out, then continue with deep breaths, holding the pose for 20 seconds.



## 3 Table Pose:

- Slowly walk your hands back and return to table pose.
- Once in table pose the second time, then continue to downward dog.

If a pose does not feel comfortable or you cannot follow this flow, then find your way to easy seated pose and just work on your breathing for 5 minutes (instructions on page 31).

**Repeat this flow 2 more times!**

## 4 Downward Dog:

- From table pose, tuck your toes under, spread your fingers and push your hips back to your heels.
- On your inhale, raise hips to sky, and on your exhale, drop head and look at belly button. Push your hands and feet into floor.
- Maintain deep breathing for 10 seconds.
- Slowly lower your knees to the ground until you are back in table pose.

