

# Get Up and Go Week-May 6<sup>th</sup>-12<sup>th</sup>

“7 days without exercise makes one weak”

Emerick’s Get Up and Go Week will be running from May 6<sup>th</sup>-May 12<sup>th</sup>. Each day there will be a task to accomplish. If students accomplish at least five of the tasks for the week, they will be entered into a drawing to win a prize. Students will need to check off each completed task on the sheet with their parent’s initials. Please bring the paper back to school by Thursday, May 16<sup>th</sup>. Make sure the papers are given to Mr. Frye or Mrs. Clark.

6<sup>th</sup>-Monday-Eat a healthy snack(fruit) and go for a walk \_\_\_\_\_

7<sup>th</sup>-Tuesday-20-minute home activity day (play outside, go to practice, family walk, etc.) \_\_\_\_\_

8<sup>th</sup>-Wednesday-Walk/Bike/Roll to school and eat a healthy breakfast \_\_\_\_\_

9<sup>th</sup>-Thursday-20-minute home activity day (play outside, go to practice, family walk, etc.) \_\_\_\_\_

10<sup>th</sup>-Friday-Eat a healthy snack (veggie) and have a family plank challenge \_\_\_\_\_

11<sup>th</sup> or 12<sup>th</sup>-Saturday or Sunday-Family activity day (with the family-take a walk, play tag or basketball, have family dance party, anything that makes you and your family move for 20 minutes) \_\_\_\_\_

Please return to Mr. Frye or Mrs. Clark by Thursday, May 16<sup>th</sup>.

Name \_\_\_\_\_

Class \_\_\_\_\_