

AT HOME RESOURCES



Create your own fitness plan using sidewalk chalk. Enjoyed in a driveway, on the sidewalk or a concrete surface.

Chalk Fit

Equipment:

- Sidewalk chalk
- Skipping rope
- Hula Hoop

Instructions:

Use the sidewalk chalk to create an activity for your child to get active. The chalk outline can be prepared prior to the child participating in the activity.

1. Draw a line at one end of the driveway/sidewalk and write the word start. Draw a squiggly/wavy line from the start for about 4 to 6 feet long and at the end draw a small circle and write 10 jumping jacks. (Child would begin at the start line and walk quickly following the wavy line to the next circle, where they would do 10 jumping jacks.)
2. Continue drawing from this circle and draw another line about 2-3 feet. Draw another small circle and write the number 10. Lay a skipping rope next to the number. (Child would walk to next circle and pick up the skipping rope and skip 10 times).
3. From the skipping rope, draw another line another 2-3 feet where a hula hoop will be available. (The child will use the hula hoop for one minute).
4. From the hula hoop, draw a line 3-4 feet and then draw a hopscotch outline. (Child would hop through the hopscotch outline, alternately on two feet and hopping on one foot.)
5. From the hopscotch, draw another wavy line approximately 4-5 feet long ending with a circle saying, 'Almost there!'. (Child can hop on one foot on the wavy line until they reach next circle.)
6. From the 'Almost there' circle draw a line to a designated finish line. (child will run as fast as they can to the finish line).

The activities can be changed to include various types of activities, based on the child's age, interest and the space you have. Incorporate and encourage the child to run, jump, throw, hop, squat, etc.



ST. JOHN'S