### **30 DAY PHYSICAL ACTIVITY CHALLENGE**

1. Do jumping jacks for 1 minute	16. Crab walk through your house		
<b>2</b> . Have a 3 minute dance party	🔲 17. Do as many pushup as you can		
3. Stretch 5 different muscles	18. Run in place for 2 minutes		
4. Plank for 1 minute	19. Dance to your favorite song		
<b>5</b> . Do 5 yoga poses	<b>20</b> . Start your day with 10 squats		
6. Start your day with 10 star jumps	<b>21</b> . Go for a walk outside		
7. Create a new dance move	<b>22</b> . Create your own hopscotch		
8. Calculate your heart rate	<b>23.</b> Do line jumps for 1 minute		
9. Balance on one foot	<b>24</b> . Skip around your house		
<b>10</b> . Enjoy 3 minutes of meditation	<b>25.</b> Play rock, paper, scissors		
11. Do 30 mountain climbers	<b>26</b> . Create your own game		
12. Read a book while wall sitting	<b>27</b> . Do 15 lunges		
13. Do 10 frog jumps	<b>28</b> . Build your own obstacle course		
14. Do high knees for 20 seconds	<b>29</b> . Hop on one foot for 45 seconds		
15. Teach someone a dance move	<b>30</b> . Repeat your favorite day		

Can you complete each challenge? Snap a photo or video and tag us @kidsinthegameny on Facebook, Twitter, or Instagram to let us know how you're doing!



# Go for the Goal

### **Action: CHALLENGE**

For the month of April CHALLENGE yourself to set and reach a new goal!

### What is a goal?

A goal is something you want to do, achieve or accomplish.

### What can a goal be about?

A goal can be about anything you want: sports, school, yourself, your community!

Learn a new skill, find a solution to a problem, help someone else!

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#### Here are some examples!

- Be able to make 10 free throws in a row by the end of the month
- Take 10,000 steps a day for one week
- Learn and choreograph a new dance routine by the end of the month



# Go for the Goal

#### How do you write a goal?

When writing a goal makes sure they are SMART

- S Specific M - Measurable A - Attainable P - Poglistic
- R Realistic
- T Timely



### How do you achieve your goals?

Layout the small steps (short-term goals) you need to take in order to achieve your main goal (long-term goal).

Decided who around you can help you achieve your goal.

Look and try new strategies that will help you.

Use the templates we have provided to help track the steps you have taken and the progress you have made towards your goal.



## **Achieving My Goal!**

My goal is				
I can do this	by			
				_
The people v	vho can help m	e with my goo	al are	
				× °

### **MY GOAL REFLECTION**

# My goal is...

To achieve my goal so far, I have... To achieve my goal something new I will try is...

