



Fitness on the Farm

Hello Farm Hands! Keeping physically fit is important. Try some of the below.
For an extra challenge practice every day and keep track of it on the last page.
Send us a picture or video of you doing your favorite one!

BE CAREFUL!
IF ANY PART OF YOUR BODY STARTS TO HURT, STOP IMMEDIATELY!

How fast can you complete a 20-yard dash?
How high can you jump straight up? Can you tap a 5' mark? a 6' mark? Higher?
How many times can your arm curl a 5-pound weight in one minute? Is your right arm stronger than your left?
How many push-ups can you do in one minute?
How many sit-ups or crunches can you do in one minute?
How many times can you jump rope without missing?
Practice balancing as you walk forward, backward, and sideways along a 10-foot chalk line.

Try a

- [front roll](#) - How many can you do?
- [frog stand](#) - How many seconds can you hold it?
- [frog leap](#) - How many can you do in one minute?
- [inchworm walk](#) - How far can you go in one minute?
- [kangaroo hop](#) - How many can you do in one minute?
- [crab walk](#) - How far can you go in one minute?

Play catch with someone in your family who is standing 10 steps away from you. Take a step back and see if you can improve your throwing and catching ability.

Physical Activities Tracker

		Week 1	Week 2	Week 3	Week 4
		Date:	Date:	Date:	Date:
20-yard dash	Time:				
Vertical jump	Height:				
Lifting a 5-lb weight	Reps in 1 minute:	R L	R L	R L	R L
Push-ups	In 1 minute:				
Sit-ups	In 1 minute:				
Jumping rope	Jumps w/o missing:				
Balancing					
Rolls	How many:				
Frog Stand	How many seconds:				
Frog Leap	In 1 minute:				
Inchworm Walk	How far in one minute:				
Kangaroo Hop	In 1 minute:				
Crab Walk	How far in one minute:				
Catch	Distance from your partner				