

# HEALTHY MUSTANG PROGRAM

We want our students to be KIND, SAFE, and RESPONSIBLE. We also want you to be HEALTHY and ACTIVE! During the break, we want you to move as much as you can, just like at recess!

Our **Healthy Mustangs Program** has different activities that students can do at home to stay moving and healthy. We will be sending home a tracker sheet with this list of activities to help students keep track of their workouts with the help of a parent/guardian!

**Before you choose your activity, make sure to do this warmup to get started!**

**WARMUP: Do each for 30 Seconds**

- Head Circles
- Arm Circles
- Running in Place
- High Knees
- Butt Kicks
- Frankensteins

**Each option below is worth ONE point each. Our student's goal is to earn THREE - FIVE points each day.**

**OPTION 1: WORKOUT!** Choose **one** of these two workouts and finish it! Make sure to take a 1-2 minute break before starting again!

Workout 1	Workout 2
Jumping Jacks: 15	Squats: 10
Lunges: 10 on each leg	Mountain Climbers: 15 seconds
Frog Jumps: 10	Clap Jacks: 15
Situps: 10	InchWorm: 5
2 Foot Side Hops: 15	Star Jumps: 10
Pushups: 5	Burpees: 5

**OPTION 2: 8 MINUTE DANCE PARTY!** Pick your favorite 2 songs and dance to them!

**OPTION 3: GO NOODLE DANCES!** Pick 2 Go Noodle Videos online ([https://www.gonoodle.com/?disable\\_redirect=true](https://www.gonoodle.com/?disable_redirect=true)) and follow along to the directions on the video!

**OPTION 4: YOGA!** Do each pose **ONCE** for at least 45 seconds per pose! You can take a break in the middle of each pose if you need to!



**Workout Descriptions:**

Jumping Jack: Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position. Repeat.

Lunge: Stand tall with feet hip-width apart. Take a big step forward with right leg. Start to shift your weight forward so heel hits the floor first. Lower your body until your left knee is almost touching the floor. Press into right heel to drive back up to starting position. Repeat on the other side.

Frog Jump: Squat down to the ground like a frog ready to jump. Jump as high as you can, put your hands in the sky! Land and drop into the same frog stance. Repeat.

Sit-ups: Start by lying on your back with your knees bent. Put your fingertips on the back of your ears. Lift your chest and shoulders up as close to your thighs as possible. Don't let your feet leave the ground!

2 Foot Side Hops: Pick a line in the ground and stand with two feet together on one side of the line. Jump back and forth over the line with two feet as quickly as you can!

Pushups: Lay facedown on the floor. Lift yourself up off of the floor while keeping your body as unmoving as possible (like a wooden plank)!

Squat: Start by standing with your feet underneath your shoulders. "Sit back" in an imaginary chair and keep going until your knee bends to look like the capital letter "L". Raise back up and repeat!

Mountain Climbers: Do a pushup (see above) and keep your body lifted off the ground. From here, pretend that you are "running" while keeping your hands on the ground and your body lifted in the air!

Clap Jacks: Same thing as a Jumping Jack (see above), but clap your hands in front of your body, not over your head!

Inchworm: Start standing with feet hip-width apart. Hinge forward at your hips and place your palms on the mat. You can bend your knees if needed to get your palms flat on the floor. Walk your hands forward so that you're in a pushup position. Your shoulders should be stacked directly above your wrists. Walk your hands back toward feet and stand up. That's 1 rep.

Star Jump : Crouch towards the ground (like the Frog Jump). Jump as high as you can, and in the air make yourself into a Star Shape! Land in a crouch and repeat.

Burpee: Stand with your feet shoulder-width apart. Bend at your hips and knees to lower yourself into a squatting position. Place your hands on the floor in front of you. Kick your feet back so that you are in the plank position. Drop all the way down to the floor. Press up with your arms and jump your feet forward. Jump straight upwards to finish the move. Repeat!

**Healthy Mustangs Program Tracking Sheet**

MARCH			Student Name:	
DATE	Points Earned	Parent/Guardian Initial	Teacher Name:	
March 18			Date Submitted:	
March 19			Parent Signature:	
March 20			<p><i>Enter the amount of points you earned for each day. Each activity is worth 1 point, the goal is to earn 3-5 points each day!</i></p> <p><i>Parents and Guardians will sign their initials next to the amount of points earned each day to make sure you are keeping track!</i></p> <p><b>IF YOU EARN MORE THAN 20 POINTS BY MARCH 27, 2020, YOU WILL BECOME A PART OF OUR HEALTHY MUSTANG CLUB!</b></p> <p><i>Participants will earn a super awesome Healthy Mustang Club Lanyard!</i></p>	
March 21				
March 22				
March 23				
March 24				
March 25				
March 26				
March 27				
<b>TOTAL POINTS EARNED:</b>				