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Word of the Month

PHYSICAL FITNESS

Exercise is one of the biggest parts of physical fitness! Martial arts is great exercise. So is playing tag with your friends, roller-skating, dancing - anything that gets you moving!

Finding exercises you can have fun doing is important. You should get some exercise each day, and if you don't have fun, you'll be less likely to do it. Your challenge this week is to try a variety of exercises, one each day, to see which ones you like! Circle the ones you do or write in your own.

Dance to your favorite song

See how many push-ups you can do in a row

Go for a walk in a park

Go for a bike ride

Practice martial arts at home

Play a one-on-one sport with a friend

Jump rope

Do 100 sit-ups while you watch TV

Do Punches for 1 minute No Stopping



Student Name: _____

Complete form & turn into the Dojo between Dec. 12 - 17 & pick prize from the Treasure Chest!!