



7th grade Life Fitness

Choice Board

<p>Mental/Emotional Health</p> <p>Write 3 thank you cards to people in your life. Thank them for being a positive influence in your life. Mail them or wait to give them to the person.</p>	<p>Cha Cha Slide Challenge</p> <p>Access the link below and have fun! Cha Cha Slide</p>	<p>Social Health</p> <p>Ask your family members to teach you something you don't know how to do-such as do the laundry, cook their favorite family recipes, count money, do taxes and change oil on the car.</p>
<p>Interval Training</p> <p>Jog for 2 minutes - Walk for 1 minute -Run for 1 minute -Walk for 1 minute</p> <p>Repeat 5 times. Be sure to cool down and stretch!</p>	<p>Mental/Emotional Health</p> <p>Find a picture of you and a friend, family member, coach, youth pastor (anyone). Send that picture to that person and tell them what you appreciate about them. This will make their day!</p>	<p>Caring Cardio</p> <p>Go for a 30-minute walk with a parent/guardian or friends and bring a plastic bag. Pick up paper or trash you see along your walk.</p>
<p>Core Challenge</p> <p>Plank 30 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>Aces</p> <p>Assign different options to suits in a card deck. Pick a card and do the exercise that matches.</p>	<p>Continued learning & FUN</p> <p>Each week, select ONE TED Talk and watch it (see additional sheet). Fill out the worksheet for each TED Talk you watch (see additional</p>

		sheet). Feel free to send it to me once you are done.
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