



# Coulee Region Walk Around the World Challenge



## February 6th-March 2nd, 2012

Travel to Juneau, Alaska this winter! Each day you try at least one activity from the chart below you will earn 140 miles. Try something every day and you will earn enough miles to “walk” from La Crosse County, WI to Juneau, Alaska, approximately 2,800 miles! Place an X in the box after you try an activity.

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| Play Lightning.<br>   | Stretch your arms and legs for 3 minutes each.<br>   | Play Steal the Bacon.<br>          | Eat a vegetable for a snack.<br>               | Do 15 push-ups. Rest. Repeat. Go to your knees to make it easier.<br> | <b>Free Space</b><br>Choose your own activity for 20 minutes.   | Play Dodge ball.<br>                           | Have fruit for a snack.<br>                         | Log on to You Tube and search “instant recess” or “classroom exercise breaks”. Try one for 20 minutes.                      | Play Musical Chairs.<br>     |
| Dance to your favorite music for 15 minutes.<br>                                | Play 4-Square.<br>                                   | Have a vegetable for a snack.<br>  | <b>Free Space</b><br>Choose your own activity for 10 minutes.   | Dance to the Hokey Pokey and the Chicken Dance.   | Jump in and out of a Hula Hoop 50 times. Rest. Repeat.<br> | Have a relay race.<br>                         | Go for a 15 minute walk outside.<br>                | Play Freeze Dance.<br>                   | <b>Free Space</b><br>Choose your own activity for 20 minutes.   |
| Play Silent Ball.<br>  | Do 100 Jumping Jacks. Rest. Repeat.<br>              | Have a bean bag tossing contest.  | Do 25 sit-up's or crunches. Rest. Repeat.<br> | Create an indoor obstacle course.   | Play Simon Says.<br>                                      | Do 25 wall squats. Rest. Repeat. To do a squat, pretend you are sitting on a chair . Return to standing without using your hands. | Shoot a basketball 100 times with each arm.  | <b>Free Space</b><br>Choose your own activity for 20 minutes.   | Go outside and jog or walk around the school 2 times. Switch directions and repeat.                             |
| <b>Free Space</b><br>Choose your own activity for 20 minutes.  | Drink a glass of low-fat milk with your snack.<br> | Play TWISTER for 20 minutes.<br> | Walk laps around the gym for 20 minutes.  | Place a yard stick on the floor and jump over it 25 times. Rest. Repeat.  | <b>Free Space</b><br>Choose your own activity for 20 minutes.   | Make 100 Snow Angels.<br>                    | Practice a few new yoga moves for 20 minutes.<br> | Eat a food made with whole grains.<br> | <b>Free Space</b><br>Choose your own activity for 20 minutes.   |
| Lay on your back and pretend to ride a bike for 10 minutes. Rest. Repeat.<br> | <b>Free Space</b><br>Choose your own activity for 20 minutes.   | Lay on your stomach and pretend to swim for 5 minutes. Rest. Repeat.  | Play any kind of tag.   | Build a snow fort, igloo, or cave during.<br>                       | Jump rope for 15 minutes.<br>                            | <b>Free Space</b><br>Choose your own activity for 20 minutes.   | Drink a glass of water with your snack.<br>       | Play Sharks and Minnows.  | Play Capture the Flag.<br> |

