

Wyckoff's Kids Heart Challenge Week

...

Get ready for 5 days of heart health!

WYCKOFF
SCHOOL DISTRICT



Lincoln
School



WYCKOFF
SCHOOL DISTRICT



WYCKOFF
SCHOOL DISTRICT



Washington
School



WYCKOFF
SCHOOL DISTRICT



Coolidge
School



Before you begin this
awesome week of
activity...

Read this letter

with your family.

Or listen to the letter here -->



**DAY
1**

YOUR AMAZING HEART

Wyckoff's Kids Heart Challenge Week

...

Get ready for 5 days of heart health!



How many boxes
can you and your
family check off
this week?

Check out these cool heart facts!

Play Heart Healthy BINGO!

Challenge your
friends to a game
of HEART BINGO
via FaceTime or
GoogleMeet or
ZOOM!

DAY 2 - PART 1 - SPECIAL ANNOUNCEMENT

Welcome to Day 2,

On the next slide you will find today's activities, but first, a special announcement! As you know, the elementary Wyckoff P.E. teachers have been running YouTube Live sessions every Tuesday and Thursday at 1:00pm. Be sure to tune in today for Mr. Reilly's workout by clicking the link [HERE](#).

Also, be sure to subscribe to the YouTube channel [HERE](#) to access all past videos and be alerted about future ones as well!

Now move along to the next slide for the Day 2 activities on the next slide!

DAY
2

HEART HEALTHY MOVES

Keep your heart rate up! Pick one or do them ALL!

[Click here to play a dice movement game!](#)

No Printer?
Create your
own dice --->

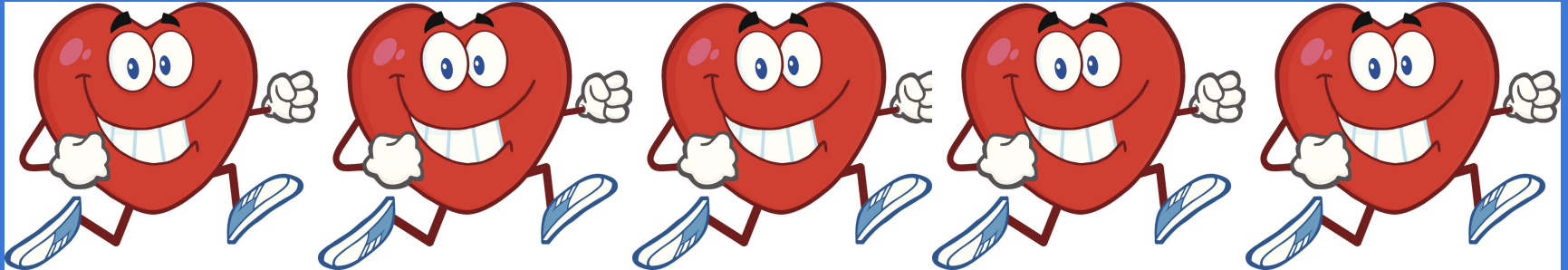


Welcome!



[Click here for a fun soccer activity!](#)

[Click here to create your own circuit workout!](#)



**DAY
3**

DANCE PARTY!!!

Dancing is a great way to keep blood pumping and energy levels high. Not to mention a fun and easy way to get your family movin' and groovin'! Take a moment to learn one of the videos below!

If you want- record your family's dances and post to social media with the hashtag **#kidsheartchallenge** and **#movemore**. Or send it to your PE teacher via email! We can't wait to see your family's moves!

[Click here for a Hip Hop dance!](#)

[Click here for a Jazz dance!](#)

[Click here for an easy, silly dance!](#)



**DAY
4**

JUMP ROPE DAY!

Not only is it a great workout, jumping rope also improves coordination, strengthens back, arm, and calf muscles, improves your cardiovascular fitness, and helps you focus. It improves agility, quickness, and creativity! Try it out!

How to jump rope with Ms. Paton! [Click here!](#)

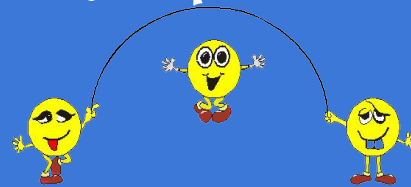
[Click here](#) for 18 different ways to jump!

Recycle plastic bags to make your own jump rope. [Click here!](#)



Have a jump rope? Don't have a jump rope? [Click here!](#)

[Click here](#) for partner jumps!





DAY
5

YOU DID IT!

Congratulations on completing our virtual kids heart challenge! Today is a day to celebrate! Try a new healthy snack! Print out the fortune teller and challenge a family member. [Click here for a message from Mr. D!!!](#)

Make your own [Heart Health Fortune Teller!](#)

Check out all these awesome [Brain Boosters!](#)

Hang this on your fridge! [25 ways to GET MOVING @ HOME](#)

Try some heart healthy AND kid-friendly [RECIPES!](#)

[Click here to share your favorite healthy snack with the district!!!](#)

THANK YOU!

We hope you had a fun week with your family learning about your heart and how you can keep it healthy! Please take a moment to **fill out the survey** so we know that you participated.

SURVEY