

# Wellness Challenge

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students participate in a daily physical activity circuit over a period of time to increase their personal wellness and physical literacy.

## Why Do It?

Students have fun while they role model healthy, active living by participating in a wellness challenge.

## How Do We Do It?

A student leader or lead teacher creates a physical activity circuit station.

Before, during, or after school, participants complete the circuit in a given amount of time.

Participants try to complete the circuit every day for the duration of the challenge, tracking their activity on a personal form or chart.

## What Else Do We Need?

Equipment (e.g., mats, skipping ropes, free weights or medicine balls, rubber tubing)

## How Do We Get Creative?

Change the stations daily.

Every week a have a new theme challenge.

Engage members of the community to lead classes or arrange for participants to take a trip to a local studio to take a physical activity class.

Think about the fundamental movement skills that can be incorporated.