



BOYS & GIRLS CLUBS  
OF CHICAGO

# TOO FIT TO QUIT: GETTING MOVING THIS FALL

## FALL FITNESS

# 6-8

### MONDAY

#### EXERCISE WORD SCRAMBLER

#### ACADEMIC SUCCESS

#### SPECIAL THEME ACTIVITIES

Use the letters in the chart below to spell the names of exercises and physical activities. Score a point for each exercise.

Score 1 bonus point for physical education academic language words.

<https://openphysed.org/wp-content/uploads/2020/08/RNYRR-MS-07-h-ExerciseWordScamblerChart.pdf>

### TUESDAY

#### 6 MINUTE HITT

#### HEALTHY LIFESTYLE

#### SPECIAL THEME ACTIVITIES

Create your very own 6-minute HITT workout routine, see the video for steps to improve your at home workout.

[https://www.youtube.com/watch?v=eO\\_3fLmmv5E&feature=youtu.be](https://www.youtube.com/watch?v=eO_3fLmmv5E&feature=youtu.be)

### WEDNESDAY

#### 20 QUESTIONS

#### HEALTHY LIFESTYLE

#### SPECIAL THEME ACTIVITIES

Pick a healthy food. Get a partner to ask 20 yes/no questions to gain clues and guess what the food is. You and your partner must do 5 reps of any chosen exercise to earn a question.

<https://www.youtube.com/watch?v=rZszkxsOwvc&feature=youtu.be>

### THURSDAY

#### 7 RINGS

#### HEALTHY LIFESTYLE

#### SPECIAL THEME ACTIVITIES

Calling all dancers! This activity is for you. Learn the choreography to the Ariana Grande song "7 Rings"

<https://www.youtube.com/watch?v=gmohgMYlieQ>

### FRIDAY

#### ROCK, PAPER, SCISSORS!

#### HEALTHY LIFESTYLE

#### SPECIAL THEME ACTIVITIES

I'm challenging you to play a game of Rock, Paper, Scissors. Comment below if you won.

<https://www.youtube.com/watch?v=MKQCxbaHTb4>