



December – Winter Break (Begin each activity with a warm-up activity and end with a cool down activity.)

| Concept/Activities Home Activities During Winter Break! | NASPE/ TEKS | Page(s) | Family Activities | Completed Yes/No |
|---|---------------------------------------|----------|---|-------------------------|
| <p>Monday</p> <p>With your parents, help clean the house after the holidays!</p> <ul style="list-style-type: none"> • Vacuum • Sweep the porch • Put up decorations <p>Take a brisk walk or bike ride with a family member or friend.</p> | <p>Standard 1, 2 K-6.1, 3</p> | <p>2</p> | <p>Work together to make your house better organized.</p> <p>Go for a brisk family walk each evening.</p> | <p>Yes/No</p> |
| <p>Tuesday</p> <p>With your parents, rake leaves outside your house or around your apartment building to spruce things up. With your parents, wash your house or apartment windows.</p> <p>Pass a soccer ball or a football with a friend or family member.</p> | <p>Standard 1, 2 K-6.1, 3</p> | <p>2</p> | <p>Put on an exercise video and workout as a family.</p> | <p>Yes/No</p> |
| <p>Wednesday</p> <p>With your parents, organize all the closets in your home or apartment.</p> <p>Go for a run and do several sets of push-ups, lunges, and sit-ups.</p> | <p>Standard 1, 2 K-6.3</p> | <p>2</p> | <p>Donate things you don't use anymore to Goodwill or the Salvation Army.</p> | <p>Yes/No</p> |
| <p>Thursday</p> <p>With your parents, clean out the inside of the car and wash the outside of the car (weather permitting).</p> <p>Shoot some hoops with a friend or family member.</p> | <p>Standard 1, 2 K-6.1, 3</p> | <p>2</p> | <p>As a family, go to a nearby park and play!</p> | <p>Yes/No</p> |
| <p>Friday</p> <p>With your parents, pull weeds around your home or apartment building. Ask your parents if you can help carry in groceries from the car for the weekend.</p> <p>Play freeze tag with your family.</p> | <p>Standard 1, 2 K-6.3</p> | <p>2</p> | <p>Shoot some hoops with a family member or friend.</p> | <p>Yes/No</p> |