

# RECESS BUDDY WORKOUT FOR THE SCHOOLYARD

For ages 6–12



wyndhamcity

## Simon says...gimme 10 reps!

Put a fitness twist on the fun 'Simon Says' game and be your friends' fitness coach, telling them to perform movements like squats, star jumps, air punches and high jumps.

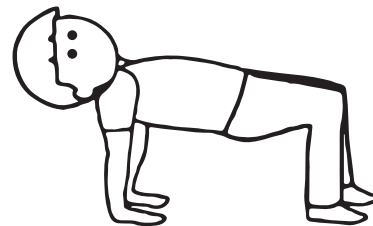


## Crab walk race

Sit on a safe surface like grass with your feet in front of you and your arms behind your back with fingers facing forward. Lift hips off the ground til you're flat like a table.

Walk by moving your left hand followed by your right foot; and then your right hand followed by your left foot. Set a short lap and see who crosses the line first!

You can also race your parents or siblings at home!



## Strong kid patty cake

Did you know the fun 'Patty Cake' clapping game can also make you strong?

Instead of sitting or standing normally, try playing patty cake in a squat (see picture from Simon Says), in a lunge, or balancing on one foot.



## Wheelbarrows

On a soft and safe surface like grass, get down in a crawling position and raise your feet up to your buddy so they can hold them. They will build their strength holding some of your weight!

Crawl forward with your hands and keep your belly squeezed in. Your buddy holding your feet will move forward at your pace.



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## LUNCHBOX CHAMPION

**Being a fit kid goes beyond being active.**

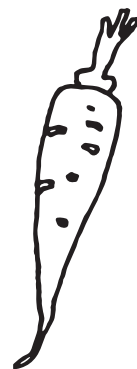
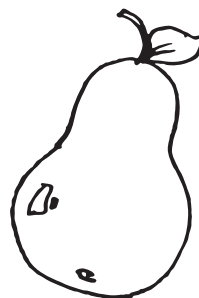
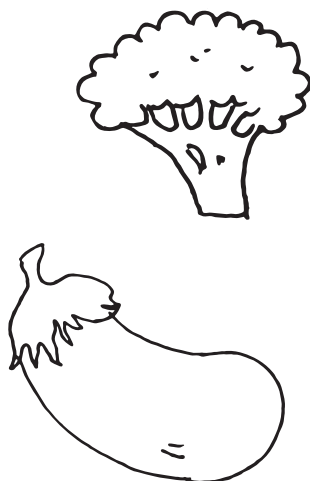
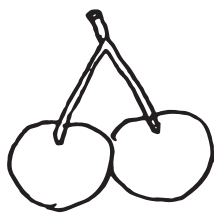
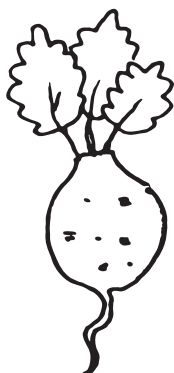
**Is your lunch and snacks fuel to keep you strong and healthy?**

A healthy lunch box full of fresh food will give you energy to play, concentrate and learn all day.  
Make sure to include:

- Fresh fruit
- Crunchy vegetables
- Protein such as lean meat, hardboiled egg, nuts/nut butter, or legumes
- Dairy such as cheese or yoghurt
- Low GI carbohydrates like wholemeal/grain bread, pita or flat bread, sweet potato
- Water

**Try these tasty and fun alternatives to a sandwich:**

- Leftover pasta or rice made into a salad
- Veggie slice
- Crunch veg sticks and a pita with hummus
- Homemade bliss balls



**Tip for parents:** Set aside time in the evening to make the next days lunches as a family, and let your child choose their own healthy favourites