



MOANALUA MOVES! FEBRUARY CHALLENGE

For February's **Moanalua Moves! Challenge**: we are focusing on heart health with cardiovascular endurance activities. It's important to keep your heart healthy because it is the pump that keeps blood moving around your body to keep you alive and moving. Activities that make your heart pump harder and faster are great exercise to keep your heart in shape. You can also show off your heart health in the Keiki Great Aloha Run on February 8 or the Rainbow Keiki Run on April 12!

Complete this month's challenge by doing the following:

- Pick 1-2 activities daily from the checklist on the back. Try each activity at least 10 times, then check it off the list. Need a jump rope? Pick up a free one from Ms. Oshiro!
- Complete ALL the activities on the checklist and turn in this sheet signed by a parent or guardian by **Friday, February 28** to your teacher.
- Each student who turns in a completed checklist will receive a **purple** Toe Token to place on their shoelaces or in a place of their choice to show off their progress in the Moanalua Moves! Challenge.

Let's Go Surfriders!



Student's Name: _____

Teacher's Name: _____

Grade & Room Number: _____

Parent's Signature: _____

Date: _____

Email healthandfitness@moanaluapto.org with questions

STAY UP TO DATE

 www.moanaluapto.org

 Moanalua Elementary School PTO

 [mes.pto](https://www.instagram.com/mes.pto)



Moanalua

ELEMENTARY

30 DAY
CHALLENGE



☐ 25 BURPEES



☐ 1 MINUTE JUMPING JACKS



☐ 25 JUMPS INTO THE AIR



☐ 1 MINUTE HOPPING
RIGHT FOOT



☐ 1 MINUTE TWIRL HULA HOOP
- WAIST



☐ 1 MINUTE HOP SCOTCH
JUMPING



☐ 1 MINUTE GALLOPING



☐ 25 'JUMPING ROPE' HULA
HOOP



☐ 1 MINUTE HIGH KNEES



☐ 1 MINUTE PLANK



☐ 1 MINUTE TWIRL HULA HOOP
- ARM



☐ 1 MINUTE HEAVY BOOK
OVERHEAD HOLD



☐ 1 MINUTE JUMPING IN/OUT
HOOP



☐ 1 MINUTE ALTERNATE LEG
JUMPS



☐ 1 MINUTE PARTNER JUMP
ROPE



☐ 1 MINUTE JUMPING ROPE



☐ 1 MINUTE JOGGING IN PLACE



☐ 1 MINUTE OF SIDE STEPPING



☐ 1 MINUTE BEAR CRAWL



☐ 1 MINUTE JUMP ROPE CRISS
CROSS



☐ 1 MINUTE BALANCING ON
EACH FOOT



☐ 1 MINUTE SCISSORS JUMPING



☐ 1 MINUTE CRAB WALK



☐ 1 MINUTE STAR JUMPS



☐ 1 MINUTE HOPPING LEFT
FOOT



☐ 1 MINUTE RUNNING
BACKWARDS



☐ 1 MINUTE JUMPING ROPE ONE
FOOT



☐ 1 MINUTE OF SKIPPING



☐ 1 MINUTE JUMP ROPE
BACKWARDS



☐ 1 MINUTE FREESTYLE
CARDIO DANCE