

THIRD - FIFTH GRADE



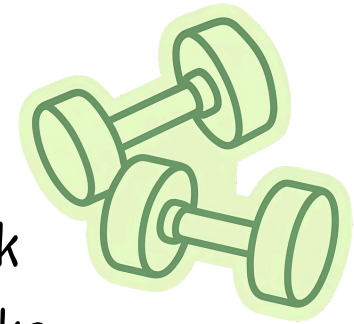
OBE SUMMER EXERCISE CHALLENGE

During summer break make your way around the game board by completing the required number of exercises each day! Not only will you be getting physically fit, you will also be working on your spelling! Don't repeat any words. Be sure to complete the challenge before moving on to the next space.

When your board is complete, turn it in to Coach Mac/PTO to claim your prize! Happy exercising!

Due: September 4th

EXERCISE ALPHABET



A = 40 Jumping Jacks

B = 20 Crunches

C = 30 Squats

D = 10 Pushups

E = 20 Mountain Climbers

F = 10 Burpees

G = 10 Arm Circles

H = 20 Squats

I = 30 Jumping Jacks

J = 30 High Knees

K = 10 Pushups

L = 25 Lunges

M = 20 Burpees

N = 20 Second Plank

O = 40 Jumping Jacks

P = 15 Arm Circles

Q = 30 Crunches

R = 15 Pushups

S = 15 Mountain Climbers

T = 30 Second Wall Sit

U = 15 Squats

V = 15 Burpees

W = 30 Jumping Jacks

X = 15 Crunches

Y = 10 Pushups

Z = 1-Minute Wall Sit



THIRD- FIFTH GRADE WORD EXERCISES

Five Letter Word: _____

Five Letter Word: _____

Six Letter Word: _____

Four Letter Word: _____

Four Letter Word: _____

Five Letter Word: _____

Four Letter Word: _____

Six Letter Word: _____

Five Letter Word: _____

Five Letter Word: _____

Six Letter Word: _____

Seven Letter Word: _____

Seven Letter Word: _____

Five Letter Word: _____

Eight Letter Word: _____



THIRD- FIFTH GRADE WORD EXERCISES

Eight Letter Word: _____

Seven Letter Word: _____

Five Letter Word: _____

Three Letter Word: _____

Four Letter Word: _____

Six Letter Word: _____

Four Letter Word: _____

Eight Letter Word: _____

Six Letter Word: _____

Nine Letter Word: _____

Six Letter Word: _____

Eight Letter Word: _____

Ten Letter Word: _____

