All for Health April 2019

Join The Challenge!!!

Points Per Day:

-4 Cups of Water (8 oz. each)

-(Apart from homework): Max 20 minutes a day of Screen Time.

-30 Minutes of Dance Practice (Dance Class Counts!) \*If you play another sport: if you have practice or a game,

that will count in place of practicing dance.

-Devotional / Positive Time – 15 minutes

-Max 1 Junk Food Serving!

-3 Core Exercises

Dance Workout Breakdown (this is just an example)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day 1 – Treble Jig | Day 2 - Reel | Day 3 - Hornpipe | Day 4 – Slip Jig | Day 5 – Hard Shoe – Your Choice |
| 5 Minutes – Stretching5 Minutes – Treble Jig Drills5 Minutes – Whole Dance5 Minutes – Fix one Thing 10 Minutes – 10 Step Stamina | 5 Minutes – Stretching5 Minutes – Soft Shoe Drills5 Minutes – Whole Dance5 Minutes – Fix one Thing 10 Minutes – 10 Step Stamina | 5 Minutes – Stretching5 Minutes – Hornpipe Drills5 Minutes – Whole Dance5 Minutes – Fix one Thing 10 Minutes – 10 Step Stamina | 5 Minutes – Stretching5 Minutes – Soft Shoe Drills5 Minutes – Whole Dance5 Minutes – Fix one Thing 10 Minutes – 10 Step Stamina | IDEAS:* 48 Front Clicks
* Traditional Sets
* Hard Shoe Reels
* Show Material
* Turn Out Exercises
 |

Junk Food List:

1. Snack Items!!! – Chips, Pretzels, Popcorn, Crackers, Etc…
2. Sweet Items!!! – Cake, Donuts, Pie, Candy, Ice Cream, Cookies, Syrup, Etc…
3. Sugary Drinks!!! – Soda, Juice that isn’t 100% juice, Hot drinks with sugar Etc…
4. Fried Foods & Fast Food!!!

Options for Core Exercises:

|  |  |  |
| --- | --- | --- |
| * 50 Sit Ups
* 100 Regular Crunches
* 100 Crunches to the Right
* 100 Crunches to the Left
 | -50 Leg Lifts-30 Push Ups-60 second Right side Plank-60 second Left side Plank | -60 second Regular Plank-100 Bicycles-50 Squat Thrusts |

\*10 Bonus Points Each – Research one of the challenges and prepare a 1-page report about it to share with the class. Limit: 1

\*10 Bonus Points – Read an autobiography or biography of a successful dancer or athlete (book must be age appropriate.) Prepare a 1 Paragraph summary about what inspired you and share with the class. Limit: 1

\*10 Bonus Points – Attend a guest speaker workshop. (Every Monday in April from 6:30-7:30pm at Cititline.) Limit: Unlimited

\*10 Bonus Points – Prepare a healthy snack to share with the class and bring copies of the recipe for everyone. Limit: 1

\*40 Bonus Points – No Fast Food or Soda for the whole month