

WES Family Fantastic Funday Week

Share your Fun!

- Take a picture/video-post it on social media
- Tag WES Wellness
- Twitter: @WES_Wellness
- Facebook: Worthington Estates Wellness
- Instagram @Worthington_Estates_Wellness
- #2020WESVirtualFamilyFantasticFunday
- Upload [HERE](#) to shared folder and place in WES only or Social Media for All folder

All 2020 WES Virtual Fantastic Funday Information can be found

@<https://weswellness.weebly.com/family-fantastic-funday-2020.html>

Opening Fitness Weekend!

Friday May 15-Sunday May 17

5k or 1 Mile Fun Run/Walk

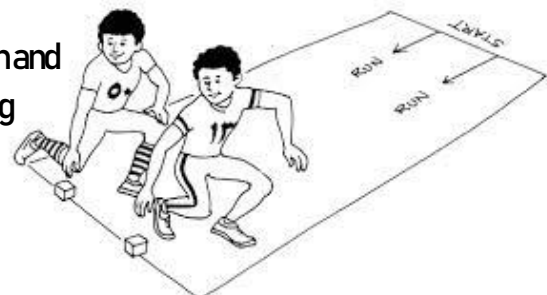
- Over the course of the first 3 days complete the 5k or 1 mile walk run (maps included on last page).
- There will be some small marker signs of arrows and owls posted along the road which will help guide you through the course
- It is important to study the course before running so you have a good idea where you are going
- This is intended to be a walk/run, but feel free to bike, scooter, roller blade or complete the course however you would like!

Push-Up Test

- Complete either as many consecutive push-ups or as many push-ups possible in a minute
- Students may complete official push-ups, modified (knee) push-ups, stair push-ups, wall push-ups (lay down push-ups are ok with the little ones)
- Arms must go down to a 90 degree angle or chest to fist
- Indicate which test and type of push-up on scorecard

Shuttle Run ([demonstration in video](#))

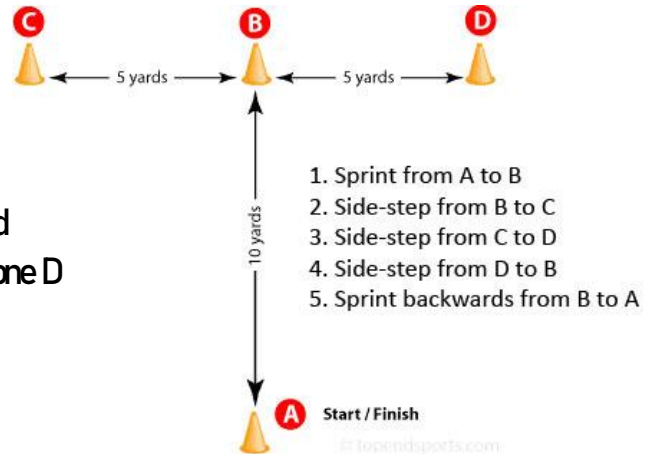
- Get 2 items to mark off 20 yards (about 20 paces) and 2 items to be retrieved
- Place both of the retrievable items at far marker to be retrieved
- At go the participant runs from starting mark to retrieve the first item and return to start, then they quickly race to get the second item and bring it back
- This can be done individual or more items added to be a race
- Record time on scorecard



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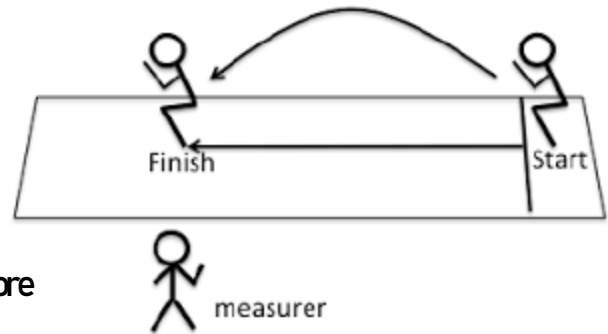
T-Test ([demonstration in a video](#))

- Get 4 items to use as markers and create a T with the
- Appropriate distances(see Image)
- Participant starts at bottom of T (a), and sprint forward
To cone B, side shuffle to Cone C, then side shuffle to cone D
Then side shuffle to cone B and back pedal to cone A
- Stop timer at end and record time



Broad Jump ([demonstration in a video](#))

- Get chalk and measuring tape
- Participant starts with toes right behind starting line
- Perform a squat jump and jump as far as possible
- Jump must be landed and feet cannot move
- Mark behind the heel of the foot nearest the start line
- Measure the start line to the jump landing mark for score
- Record Score

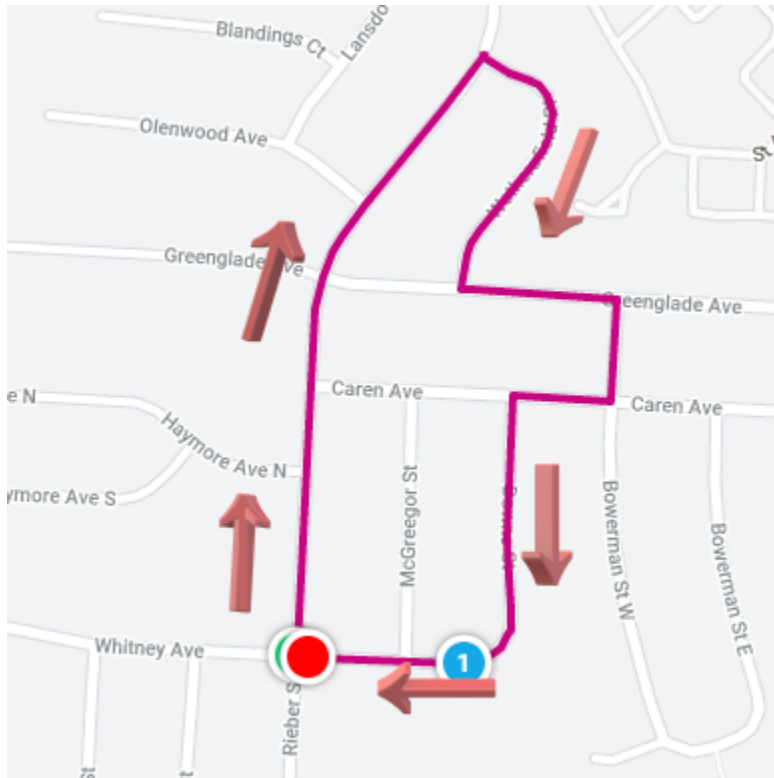


Tabata Family Workout (Watch [THS](#) Fitness Friday Video for demonstration)

- Create and complete a Family Tabata workout together
- Select 5 exercises of your choice
- For each exercise complete 8 sets with 20 seconds of exercise and 10 seconds of rest (4 min each exercise)
- Total Workout will be around 20 minutes-work hard, have fun and check it off the list!

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1 Mile Fun Run/Walk Course Map



5K Run Course Map

