

NUMOVES



PHYSICAL ACTIVITIES

FREEZE DANCE

5 POINTS

Get your dancing shoes on and play a game of Freeze Dance to a playlist of your favourite songs.

Don't have a playlist? Put on the radio or TV and use the mute setting! Show off your best dance moves and be sure to get your family dancing too! Once the song stops, freeze in position like a statue. To earn points, a photo of your best Freeze Dance position or a video of you dancing.

FITNESS FRENZY

5 POINTS

Create 4 stations wherever you have room and go through 4 exercises. Go through your fitness circuit 3 times from start to finish!

Here are some exercise ideas: squats, lunges, frog jumps, jumping jacks, push-ups, and sideshuffles!

Send a picture of you completing your exercise stations or a video of you in action to earn points!

STRETCH & RELAX

5 POINTS

Breathe in (1...2...3...4...), breathe out (1...2...3...4...). Mindfulness and stretching is a great way to get your body moving and to relax your mind.

You can find different yoga poses on YouTube, Google OR you can make up your own! Stand tall with your hands stretched far above your head and hold it for 10 seconds or crunch yourself into a small ball on the ground and hold for 10 seconds. We challenge you to try 10 minutes of yoga.

Send a picture of you practicing your yoga.

DROP ZONE

5 POINTS

Are you ready to test your speed and agility? Drop a ball from shoulder height, let it bounce once and try to catch it before its bounces a second time. Do this 10 times. If you're looking for something a little more challenging, see how low you can drop it from. Move to your waist then your knees. It's harder than it sounds!

Send a video or picture of you in action to earn your points.

HOMEWORK

10 POINTS

Did someone say homework!?

Don't worry this is a "home" "workOUT" that you can do by yourself or with your family! Look around your space and find different objects that you could use in an obstacle course.

Set up the obstacle course using items such as plastic cups, containers, toilet paper, boxes, wash bins, trash cans, socks, shoes and more! Set the obstacle course up in a space where you can move around, over, under, or through the items you have set up! Continue to change the course around if you're looking to increase the difficulty!

If you're feeling motivated, complete it while playing your favourite song!

Send a video or picture of your home workout to earn your points.

PIZZA DELIVERY

5 POINTS

Grab a pillow and as many small items as you can. Your challenge is to stack as many items as you can on top of the pillow while travelling 3 meters and back without dropping any of the items! The more items on top of the pillow the more points! Extra points if you can do it all with one hand!

Take a picture of your pizza tower and send in to earn points.

LASER CHALLENGE

5 POINTS

Grab some string or yarn. Using chairs and tables, create a laser challenge with strings. Once you've created one that is really complex, try getting from one side to the other without touching any part of any string.

Take a photo of you moving through your laser challenge and send it for points.

INDOOR OBSTACLE RACE

10 POINTS

Pick one to two rooms in your home and identify every piece of furniture in the rooms. Next, write down each item (i.e. bookshelf, couch, table, four chairs, bed, etc) on a piece of paper. Create an obstacle course using all of the pieces of furniture. Finally, time yourself to see how long it takes to complete the obstacle course 5 times.

Send a photo of the list and your times for each run through the obstacle course to earn your points.

TARGET TOSS

5 POINTS

Create a target using paper and markers. Tape it to your wall. Next, create a ball using socks (roll them into a ball). Stand back from the wall and see if you can hit the target. If it's easy, stand further back. Once you have found a distance that is challenging, see how many times you can hit the target in two minutes. Try this five times and each time, record your number.

Submit a photo of you playing and a photo of your scores to earn points.

HOLD THAT PLANK!

5 POINTS

Get in position: on your elbows and toes with your whole body (from your head to your feet) in a straight line, holding yourself up. Try holding this plank position for as long as you can. Try for 30 seconds, then 1 minute and see how long you can hold it for.

Take a picture of your plank and send it to earn your points!

BALLOON BATTER UP!

5 POINTS

Create a baseball bat out of old toilet paper rolls. Once you have your bat ready, blow up a balloon to use as a ball. Using your bat and ball create your very own Home Run Derby in your home. Find an object (like the couch) to be your home run fence. If you hit it over the fence, you get a home run = 1 point. Hit 10 home runs to gain 10 points.

Send an image of your Home Run Derby to earn your points.

TIME TO GET MOVING

5 POINTS

Do you know what time it is? It's TIME to get physically active! Print out or draw a picture of a clock and add different exercises that correspond to each number like the example below. Place a paper clip in the middle of the clock, spin it and complete the corresponding exercise or stretch that it lands on.

Take a picture of your clock and share it to earn your points.

PITCHING BOWLING

5 POINTS

Grab nine items that can stand upright and place them in rows like the pins in bowling. Next, grab a pair of socks and put one inside the other to create a ball. The challenge is to knock down as many 'pins' as you can in as little throws as possible! Keep knocking them down to get your best score!

Be sure to send your best photo/video of you pitch bowling to earn points!

BODY SCULPTURES

5 POINTS

It's time to get flexible! Ask someone in your home to choose 5 different items or structures that you can create using just your body! For example: a tree, a table, a clock etc. You have to hold the pose for 10 seconds.

Take a picture of your most creative "body sculpture" and send to earn points.

BUCKET TOSS

5 POINTS

For this challenge, you will set up a bucket (or box, bin, etc.) 10 feet away from you. You will need 3 balls of any size (rolled up socks work too). Your goal is throw the balls into the bucket and try to land three in a row. You will need to keep track of how many shot attempts it takes you to land three in a row. Once you get three in a row, move back another 5 feet and try again.

Submit a picture or video of you completing your bucket toss to earn your points!

HEADSTAND CHALLENGE

10 POINTS

Did you know that the World Record for the longest headstand was set in India by Krishan Kumar? He stood on his head while indoors for three hours, three minutes, and 50 seconds!

See how long you can last. Start by setting your own personal record against a wall. Then see how long you can do it without a wall.

Send in a photo and your record to earn points.

KEEP IT UP

5 POINTS

Using an inflated balloon or a rolled-up pair of socks, see how long you can keep the ball in the air. Start with your hands, then move to your feet and try to set a record. See if you can beat Chloe Heglen who is a ten-year-old from Canada who currently holds the world record! (4 hours and 40,000 touches!)

If you want to learn more about Chloe, check out this video:

<https://www.youtube.com/watch?v=HRknE8-VDT8>

RUN THE BASES!

5 POINTS

Take a walk around your house. Try to find these four items: a pillow, a book, a plate, and a door. Once you have found them, leave them where they are. Start at the first item (home plate) and run to each other items (all 3 bases) before heading home. Try it a few times and aim to beat your last time.

Send a video or photo of you running the bases to earn your points.

DANCING GROUNDS CREW

15 POINTS

Did you know that during every professional baseball game, a grounds crew cleans the field halfway through?! Some even stop and dance! Turn on your favourite song and dance around your home, tidying up as you go.

Send us a video of your best grounds crew dance to earn your points

LUCKY FITNESS

5 POINTS

Have some dice lying around from a board game? Want to make your own? Grab dice and create exercises for each number you can roll! For example, if you roll a 2, do 5 jumping jacks. See if you can roll the dice and try every exercise.

Send a picture of you exercising to earn your points.

FITNESS CARDS

15 POINTS

Do you have a deck of cards lying around? Come up with 4 different exercises, one for each suit

Example:

Hearts - jumping jacks

Spades - squats

Clubs - side shuffles

Diamonds - arm circles (left and right)

Whenever you pull a card from the deck, perform the exercise of that suit based on the number shown on the card. If you pull a 9 of diamonds, do 9 arm circles, left and right. If you pull a face card that means you must do as many as you can!

Send a picture of you completing your exercises to earn your points.

TAPE SHAPES

10 POINTS

Use tape to create a variety of shapes on the floor. Stand on one of the shapes to start, and come up with as many different ways to move from one shape to the other.

Example:

“Bear crawl to the triangle”

“Hop on one foot to the circle”

“Side shuffle to the square”

See how many shapes you can create and how many different ways you can travel to them!

Send a picture of your shapes to earn your points

PUDDLE JUMPING

20 POINTS

Is it raining out? Never-mind, here's a chance to get active. Throw on your most waterproof gear and go find some puddles to jump in. Practice jumping from puddle to puddle and seeing how far you can jump.

Remember to wipe your feet before going back inside.

Send a picture of you outside in the rain to earn your points

FLASHLIGHT SCAVENGER HUNT

5 POINTS

Pick some objects to use for a scavenger hunt. Next, grab some flashlights and turn off the lights! See if you or your family members can find all the hidden items using the flashlights!

Send a photo or video of your scavenger hunt to earn your points.

SQUAT IT OUT

10 POINTS

Put a timer on for 1 minute, and complete as many squats as you can in that time. Try it 2-3 times to see if you can beat your previous total.

Send a picture of your squats and the total number you completed to earn your points.

LINE TOUCH

5 POINTS

Find 4 objects in your house (like stuffed animals, books, bottles, etc.) and set them apart by various distances. Run to one object, then back to the starting point. Do this for every object and try to complete it 3 times!

Take a picture of your set up and send it to earn your points!

MUSIC WORKOUT

10 POINTS

Put on your favourite song and create a workout to that song. Incorporate jumping jacks, running on the spot, burpees, arm lifts, or any other exercises you can think of.

Send a video of your cool workout music video to earn your points!

POGO HOP

5 POINTS

Set the timer for 5 minutes. For the first 2 minutes, hop on your left foot. For the next two minutes, hop on your right foot. Finish by hopping on both feet for a minute!

Send a photo or video of you hopping to earn your points!

LUNGE FOR THE WIN

10 POINTS

Find the biggest room or space in your house (or even try it outside). Lunge across the space moving forward and then turn around and lunge back to your starting position. Count how many lunges you complete in total. Try to get to 50!

Send a picture of your best lunge and how many lunges in total that you completed to earn your points!

PILLOW FIGHT

5 POINTS

Grab a pillow and rest it against something (or have a family member or friend hold it up). Pretend to be a boxer and jab the pillow like a punching bag. Try upper cuts and hooks, but be careful not to hurt yourself or others.

Do every movement for 30 seconds, then rest for 30 seconds and try again.

Send a picture of your best boxer stance to earn your points.

PILLOW PUSH-UP

5 POINTS

Grab your pillow - you're going to need it for this challenge! Put the pillow on the ground and get into a push-up position with the pillow in front on your face between your hands. You are going to do as many push-ups as you can, but they have a twist. You must go all the way to the floor and let yourself lay on the floor, chest to the ground and head on the pillow then push yourself back up to the plank position.

Send a picture of your sleeping push-up and how many you successfully completed!

THE FLOOR IS LAVA

5 POINTS

Pretend the floor in your home is hot running lava! To get across it safely you'll need to gather up as many pillows as you can find to use as stepping stones. Create a pathway to make it safely across your floor as far as you can! Switch up paths or time yourself to see how fast you can make it across!

Send a picture of you crossing the lava to earn your points.

CHAIR WORKOUT

10 POINTS

Sitting on a chair with your feet on the ground:

- Perform 15 squats (standing up and sitting back down)
- Perform 20 mountain climbers
- Perform 10 Chair dips



Complete this challenge as many times as you can in 5 minutes.

Send a picture of your best seated squat with the number of how many times you completed it to earn your points!

SKIP, HOP, JUMP

5 POINTS

Complete the challenge and see how many skips you can do in 30 seconds, how many hops then how many jumps! Write down how many you completed for each and then try to beat it next time!

Send Jays Care a picture of you in action to earn your points!

CIRCUIT CHALLENGE

20 POINTS

Complete this circuit 3 times!

1. 10 squats
2. 10 arm punches (each arm!)
3. 10 jumping jacks
4. 5 burpees
5. 10 high knees (each leg)
6. Bear Crawl to a nearby object 5 times
7. Reach for the sky for 15 seconds
8. Touch your toes
(or as close as you can get 5 times)

Send a picture of you completing your circuit to earn your points

TIME TRIAL SCAVENGER HUNT!

15 POINTS

How fast can you find these items in your home? Time yourself and see!

1. Something you can eat
2. Something soft
3. Something that makes you smile
4. Something with your favourite colour on it
5. Something tough
6. Something you play with
7. Something you wear
8. Something that comes in a pair
9. Something from your room
10. Something you can read

Send a picture of all your items from your scavenger hunt!

PICK A WINNER!

5 POINTS

Gather some sheets of paper and a pen. Cut them up into strips and write an exercise or stretch on each one. Place the strips in a bowl or cup and shuffle them around.

Pick 5 exercises to perform each day!

Send a picture of your cup or bowl of exercises!

ALLIGATOR CHOMPS

5 POINTS

Grab a ball and get ready to practice your fielding position “alligator chomps”! Find a wall (with permission) and toss the ball against it. When the ball bounces back to you, practice fielding it with two hands, and you’ll notice your hands come together like an alligator mouth!

Practice this technique a few times and once you get the hang of it, time yourself for 30 seconds and see how many times you can consecutively toss the ball off the wall and field it within the allotted time.

Send a picture of your alligator chomp technique to earn your points.

100 SECOND CHALLENGE

10 POINTS

See how many repetitions of each exercises you can do in 100 seconds!

- Jumping jacks
- Squats
- Hops
- Air punches
- Sit-ups
- Burpee

Send your scores in to earn your points.

SKIPPING

10 POINTS

Complete each skipping move on the list below for 1 minute. If you have a jump rope, great, if you do not- no problem! You can still try out all the moves using an “imaginary jump rope.”

1. Two legged hops
2. Single leg hops (30 seconds each leg)
3. Side to side hops
4. Switch feet, single leg hops
5. Double-unders

Send a video of you performing your favourite move to earn points

6-PACK ABS

10 POINTS

Having a strong core is super important for everyday activities. Set a timer for 3 minutes. Every 45 seconds switch your move.

1. Sit-ups
2. Toe touches
3. Heel touches
4. Plank

Try this for 3-5 days per week and see if you can complete more repetitions in 45 seconds and if you feel stronger!

Send a picture of you performing your favourite ab exercise to earn your points!

SHOE TOSS

5 POINTS

Put on an old pair of shoes (ones you are okay with getting dirty) and head outside. If you want to complete this in your home, put on a pair of slippers and find a long space (either a hallway or big room).

Untie one shoe so that it is loose and take a giant step and try to fling your shoe as far as you can. Once you are done, perform a bunny hop on the foot that still has a shoe on, all the way to where your shoe landed.

Repeat and try using your opposite foot.

Take a picture of how far you could toss your shoe and send it to earn your points.



BALANCING ACT

5 POINTS

How long can you balance on one foot? Time yourself on both sides and see how long you can hold it! Too easy?

Close your eyes and see how long you can balance for now!

Send a picture of you balancing along with your total time to earn your points!

SKIPPING ROPE ROCK 'N' ROLL

10 POINTS

Grab your skipping rope - or make one - and get ready for the skipping rope rock 'n' roll!

Jump rope for the length of your favourite song to get your heart pumping! If you don't have a jump rope, just go through the skipping motion without a rope – you will still get a good workout!

Send a picture of you skipping to earn your points.

HIP HOP CHALLENGE

5 POINTS

How many times can you hop on one foot in 1 minute? Start a timer and hip hop it out!

Send a picture of you hopping to earn your points!

NAME GAME STRETCH

5 POINTS

Spell out your name (first and last name) using your whole body. For an extra challenge, try holding each letter for 20 seconds. You can complete this challenge either standing or laying on the ground.

Send a video or picture of you spelling out the letters of your name to earn your points!

WALL CLIMB

5 POINTS

Pretend you are an outfielder running up the outfield wall to catch a fly ball. Find a wall in your house (that you have permission to jump up on) and challenge yourself to see how high you can reach up the wall. Try it 5 times, reaching higher each time. For extra height try running into your jump!

Send a video of your best wall climb as an outfielder to earn your points.

DAILY FITNESS CHALLENGE

25 POINTS

Spell out the day of the week and perform the exercises associated with each letter! For an added challenge, try to spell out each day of the week!

- A: 10 jumping jacks
- B: 15 second plank
- C: Crab walk
- D: 5 push-ups
- E: 5 sit-ups
- F: 10 squats
- G: Toe touches
- H: 4 burpees
- I: Bear crawl
- J: Jump in the air five times
- K: 10 air punches
- L: Spin around three times
- M: 10 leg kicks
- N: 4 lunges
- O: 3 burpees
- Q: Run in place for one minute
- R: 5 sit-ups
- S: 7 jumping jacks
- T: 5 squats
- U: 15 second plank
- V: Bear crawls
- W: 8 air punches
- X: 8 high knees
- Y: Toe touches
- Z: 5 jumping jacks
- P: 3 push-ups

Send Jays Care a picture of you working out to earn your points!

MUSICAL QUICK GRAB

5 POINTS

Grab a sock, ball or any item and place it in front of you (on a chair, the ground, etc.). Have a family member turn on some music and be the DJ. Begin to dance along to the music. When the music stops, you have to quickly grab the ball as fast as you can. Have the DJ count how long it takes for you to grab the item. Try as many times as you can before the song is over.

If you want, see if two people can play at the same time and challenge each other!

Send a video of your best dance move to earn your points

MUSICAL RED LIGHT, GREEN LIGHT

5 POINTS

Have an adult or older sibling turn on some music and take control of when the music stops and starts. They will have their back towards you. Stand at the opposite end of the room.

When the music is playing, start dancing and moving towards your adult. Every time the music stops, you must freeze in place. Have your adult turn and walk around to judge how frozen you are.

The goal is to reach your adult before they catch you dancing!

Send us a picture of you frozen in your dance move to earn your points.

SHOE AGILITY

5 POINTS

Find 3 pairs of shoes - or 6 shoes in total - and place them in a zigzag line on the floor. Time yourself to see how long it takes to run and touch each shoe. Once at the end of the line, work backwards to the original starting point. Do this 5 times in a row and see if you feel out of breath!

Send a picture of your shoe zig zag to earn your points!



TOWEL SWINGS

5 POINTS

Do you miss swinging a bat? Want to practice your homerun swing? Grab a dish towel and follow these steps:

1. Hop on your surfboard (feet shoulder width apart)
2. Throw your salt and pepper shakers on your bat (hands together)
3. Toss them over your shoulder
4. Throw your hands at the ball to swing
5. Follow through and squish the bug with your back foot

Send a picture of your dish towel swing to earn your points!

EVERYDAY YOGA!

15 POINTS

Use this guide to try out some fun yoga moves!

Send a picture of your favourite move to earn your point!

THE YOGA POSES I WILL TRY ARE...

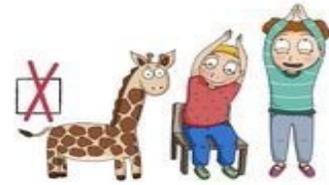
WHOLEhearted
SCHOOL COACHING



BEAR (MOUNTAIN)



FLAMINGO (TREE)



GIRAFFE (EXTENDED MOUNTAIN and CRESCENT MOON)



SHEEP (FORWARD BEND)



DOG (DOWNWARD FACING DOG)



TURTLE (CHILD'S POSE)



SEA LION (TWISTED CHAIR)



TIGER (WARRIOR II)



CAT



PUMA (CRESCENT LUNGE)



KANGAROO (CHAIR)



WOLF (COW)



ZEBRA (WINDMILL)



JAGUAR (WARRIOR III)



CAMEL



PEACOCK (TRIANGLE)



EAGLE



LION (WARRIOR I)



DEER (SIDE ANGLE)



FOX (SAVASANA OR CORPSE)



CRANE (DANCER)