



## SUMMER CHAMPION CHALLENGE



### SCHOOL'S OUT—TAKE THE CHAMPION CHALLENGE!

It's that time of year again...SUMMER VACATION! It's the time for sun and fun! This is the season where you love to play with friends, enjoy the warm weather, and have fun. It's also the time of year where you might be tempted to stay inside and let the beautiful weather pass you by. This summer, don't let that happen. Get outside and PLAY!

Take the CHAMPION CHALLENGE to set goals for how much you think you will play, and then see if you are able to achieve those goals.

This is a great time of year to be outside playing without the responsibilities of school and homework, so this summer have fun, and Play Like a Champion Today!!

Before we get started, please answer the three questions below:

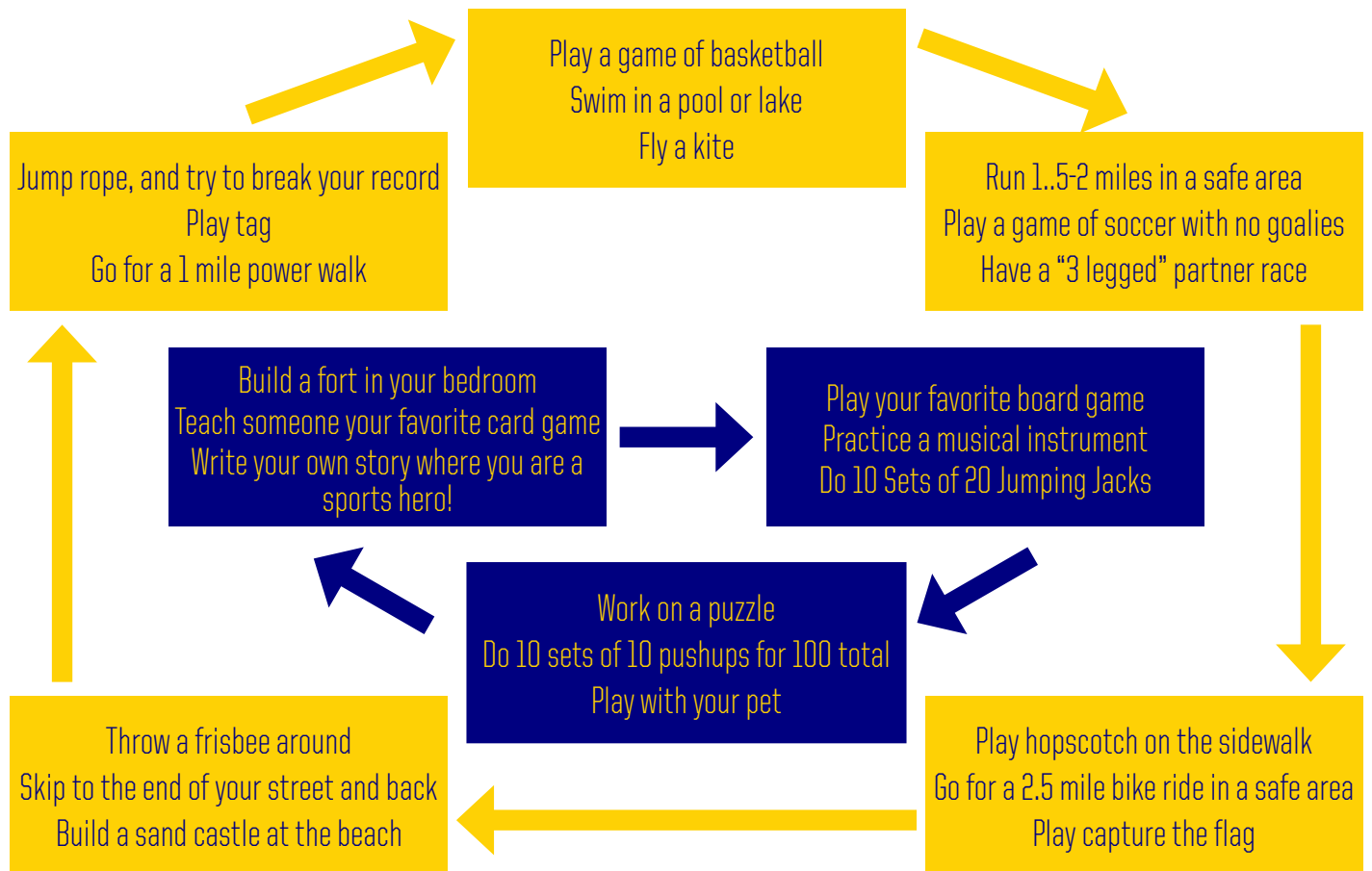
1. What are your favorite games or sports to play outside during the summer?
2. Who usually plays with you during summer vacation?
3. How many minutes per day do you like to play outside during the summer?

Now that you have outlined what you like to do, let's come up with a plan for vacation!

### Champion Circuit

Having trouble coming up with things to do? Try jumping on the Champion Circuit! By yourself or with friends, start anywhere on the track and do a different activity for 15 minutes. If it's raining outside, get on the inside track (the dark boxes), and do three different activities for 25 minutes each. By the time you complete the circuit, you will have played for over an hour!





There are many outdoor activities to do in order to get exercise and have fun. In the fun exercise examples listed below you can do them by yourself or with friends. Remember, these activities should be done for a minimum of 30 minutes at a time to get the most benefit. Then select another option to build up to your 60 minutes a day of exercise!

- Jumping rope is a great way to have fun and get exercise. You can either jump by yourself to see how many jumps you can get or jump with friends!
- Riding your bike is probably the easiest way to get exercise. You can ride by yourself or even take a ride over to a friends house for some other fun activities!
- A challenging game of hopscotch would be a fun way to get exercise. It requires balance, coordination and competition with friends!
- Playing hoops is always fun. Get together with a few friends and play a pickup game or simply challenge yourself to see how many baskets you can make in a row!
- Taking a dip in the pool is a fun way to cool down after playing in the sun. You can have a good time playing games in the water like "Marco, Polo" or have a swim relay with friends.



## 5,000 or BUST!!

How much do you think you can play this summer? Let's try to come up with a plan to predict how much you can play. As the weeks go by, you will see that you are playing A LOT!! In fact, you will find that if you play just a little more than 1 hour per day, you can easily play for 5,000 MINUTES this summer! On the chart below, calculate how much time you think you can play in one week, by estimating how much you think you can play every day. Set goals for play time, and as the summer goes, keep track of how you are meeting those goals!

week	Daily Goal (minutes)	Weekly Goal (daily goal x 7)	Goal Met (yes/no)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

## 5,000?!?!? How am I going to do that?

Five thousand minutes might seem like a lot, but you can easily do it. If you were in school, you would spend close to 25,000 minutes getting to and from school, in class, or doing homework. And you are going to spend another 33,600 minutes sleeping! Suddenly 5,000 doesn't seem so bad!

Here are some tips that will make the 5,000 minutes fly by:

- Make sure to follow weekly goals. By achieving small chunks every week, it will be easier to accomplish than trying to do it all the week before school!
- Play with friends, and tell them to do the Champion Challenge with you. The best part about playing is getting to be around other people.
- Play before your parents have to tell you! Impress them by doing it without reminders.
- Make up your own games. Every sport or game is not right for every person, so if you don't like a certain game, make up your own!



**Have a fun and play-filled summer!**

Summer Play Chart: Week One

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Two

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Three

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Four

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:



Summer Play Chart: Week Five

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Six

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Seven

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Eight

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Nine

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

Summer Play Chart: Week Ten

	What did you do?	With whom?	For how long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total Minutes of Playing Time:

# Fun Memories from the Summer

*Special Thanks to Steven Granados and his team at The Nativity School in San Diego, California who developed the Summer Champion Challenge.*

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