

## Struthers Middle School Physical Education Blizzard Bag

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

### Fitness Assignment: GET OFF THE COUCH!

#### DID YOU KNOW??

- Kids and teens ages 8-18 spend an average of 4 hours a day in front of some type of screen media (TV'S, DVD'S, IPAD'S, etc.)
- The more T.V. you watch the more likely you are to snack. The average person consumes almost 200 extra calories for each tv show that is watched.
- On average how many minutes of television do you watch per day? \_\_\_\_\_ (Be honest)

Why do you think a lot of teenagers spend so much time watching television or in front of the computer?

Explain your answer.

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#### GET OFF THE COUCH

##### Instructions:

1. Choose a show
2. Watch it
3. During each commercial break do an exercise (there will be at least 3)

***\*This activity is good for ONE blizzard bag assignment.***

##### Here is your workout:

DO as many reps as you can during the commercials for each exercise

Commercial #1 – Jumping Jacks

Commercial #2 – Regular Push Ups

Commercial #3 – Curl-Ups

Commercial #4 – Regular Sit Ups

Commercial #5 – Chair Dips (hands on the edge, dip down until your elbows are at 90 degrees, then extend back up)

**REPEAT**

Do this work out with two shows.

NAME OF TV SHOW # 1	NAME OF TV SHOW # 2

EXERCISE	TV SHOW # 1 (Quantity)	TV SHOW # 2 (Quantity)
Jumping Jacks		
Regular Push-Ups		
Curl Ups		
Regular Sit-Ups		
Chair Dips		

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_