

# Mr. Bodine's Challenge!

So my challenge is to see how many times you can finish a Zoonie Marathon. A marathon is 26.2 miles, but a **Zoonie Marathon** is 26 activities!

Choose 26 activities from below. You can only repeat an activity twice. You must complete your challenge as fast as you can. You can include a parent or a sister or a brother if you can. Record it, and try another day picking different activities in a different order. If an activity is not on the list, pick your own and share it with someone. Remember to get permission from your parents, and write the order of the activities and get started. Let your teacher know when you have finished 26 activities!!

1. Run in place 30 seconds
2. Jump rope 10 -20 times
3. Climb a tree in your yard
4. Hula hoop 30 seconds
5. Do 10 push ups
6. Dribble a basketball 20-30 times
7. Run around the block
8. Do 10 sit ups
9. Make 3 baskets in your hoop10.10 burpees
10. Climb through a box or object
11. Hurdle over an object
12. Hang from a branch 30 seconds
13. Throw a ball up in the air and catch it 10 times
14. Skip 10-20 yards
15. Slide side to side 10 yards
16. Jump up and touch something above your head 10 times
17. Do a 30 second plank
18. Do 10 star jumps(touch the ground and jump as high as you can)
19. Do 30 second leg lifts
20. Wall sit 30 seconds
21. Bear crawl 30 feet
22. Carry something 10 pounds for 30 feet
23. Vacuum or sweep the house
24. Make your bed
25. Crab walk 30 feet
26. Two forward rolls
27. o the floss 30 seconds
28. Balance something on your head and walk 30 feet
29. Balance on one foot 30 seconds
30. Do a cartwheel
31. Go up and down your stairs 3 times
32. Crawl under your bed to the other side
33. Climb up a ladder
34. Jump on your trampoline 30 times
35. Read a book to your younger sibling( extra credit)
36. Make up your own!