

HOPE Challenge Two – Ready, Set, Go ... Walk the Beaches!

We are finally able to get with our friends, train and compete. Use the next couple of months to get competition ready. Now is the time! Challenge yourself and be committed because we are finally into "it"!

What's next?

We climbed the mountains in GRANITE STATE RESTART; we walked around the lakes in HOPE CHALLENGE ONE; now in HOPE CHALLENGE TWO one point for every activity equals one mile in walking along our beaches.

Get going ... earn 25 points/week, and you will have your Carhartt sweatshirt in four months. If you do a lot ... earning 50 points/week ... you will have the sweatshirt in two months! Listed below are a few examples of what you can do; however, we encourage you to <u>create your own activities</u>. Everything counts!

CARHARTT LOOSE FIT MIDWEIGHT SWEATSHIRT



carbartt

Options to let us know how you are doing: Email (<u>JessicaM@sonh.org</u>), call in your scores to Jessica Marchant (603-305-8130), or submit your weekly points via the SONH website through the following link: <u>https://forms.office.com/r/fD9pODPdUf</u> Take pictures so we can share them on the website. Now get after it!

Fitness Activities	Sport-Specific Activities	Personal/Social Activities
 Aerobic (double and single jumps) Jump rope – forward; backward; side-to-side If non-ambulatory, swing rope twice on each side and repeat. 	 Choose your sport. List the skills. List what you can do to improve your abilities. 	Write in your journal about the day, your feelings, what you learned, etc.
 Hand-eye coordination (using large and small balls) Two-handed bounce on floor; catch overhead. 10x each ball. Repeat using one hand. Repeat using other hand. 	Identify one skill. Practice it. Gradually do more. Do it faster.	Read an article on your favorite sport or your favorite person.
 Balance Raise on one leg and count to 10. Switch legs; balance; count to 10. Repeat each closing eyes. 	Identify another skill. Practice it. Gradually do more. Do it faster.	Help a family member.
 Strength (10x each) Bicep curls hold soup cans. Elbows next to side; bring soup can toward shoulder. Tricep extension holding elbow up. Repeat with other arm. Half squats with your legs (place a chair behind you; start to sit but do not touch chair). 	Identify a competition strategy that will make you faster, stronger, smarter. • Think about it. • Put it into practice.	Do something for your friend.
 Flexibility (count of 10; 2 sets of each) Arms – arm straight at shoulder and pull across chest; repeat with other arm. Legs and back – sitting with legs straight; lean chest to legs and hold. 	Identify another competition strategy that will make you faster, stronger, smarter. • Think about it. • Put it into practice.	Do something for yourself.
Choose your own.	Choose your own.	Choose your own.

Special Olympics New Hampshire

HOPE Challenge Two Participant Tracking Form

arcicipa	nt:	LOCALFIOGIAIII			
hone: <u></u> ircle or	Er underline type of participant: Athlete / Unil	nail: fied Partner / Family Member / Frien	Carhart d	t sweatshirt size:	
Day / Date	Fitness/Sport-Specific Activities Completed	Personal/Social Activities Completed	Points	Weekly Sumr Each week or two,	nary
				communicate your	
				and points to receiv	
				prize in a timely manner. Contact Jessica Marchant email at <u>JessicaM@sonh.c</u>	
				or phone at (603) 3	05-8130
				Or submit your weekly points via the SONH webs through the following lin	
				https://forms.office D9pQDPdUf.	e.com/r/
				Week of	Point
				July 18-24	
				July 25-31	
				August 1-7	
				August 8-14	
				August 15-21	
				August 22-28	
				August 29- September 4	
				September 5-11	
				September 12- 18	
				September 19- 25	
				September 26- October 2	
				October 3-9	
				October 10-16	
				October 17-23	
				October 24-30	
				October 31- November 6	
ach activ	ity is worth one (1) point. See <i>Examples of Activit</i>	ies on previous page. The number of		Total Points =	

personal or social activities cannot be more than the number of fitness or sport-specific activities each week. Choose any number of activities to complete in any number of days each week.