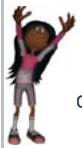



Health & Fitness Calendar ~ April 2021

		SUN	MON	TUES	WED	THURS	FRI	SAT	
<p>Directions: Perform the activity listed for each day.</p> <p>Parents/Guardians initial each completed activity.</p> <p>The entire family may participate!</p> <p>At the end of the month, please return your calendar to your teacher.</p> <p>Fill in your class information.</p> <p>Parent/Guardian Signature:</p>						1 Collect 10 objects; put them in a straight line on one side of room. How fast you can move them one by one to the opposite side of the room?	2 Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again; 10 minutes.	3 Go for a 60 minute hike w/your family.	
	4 Create a scavenger hunt for items needed to make homemade equipment; once it is completed; make equipment & play the game for 15 minutes	5 Rainbow Run- talk about colors of the rainbow w/family. As you name colors run & touch 10 things that are that	6  Play with a friend for 20 minutes.	7 Fold a towel & put on floor. Pretend it's a puddle & LEAP over it. Take off on 1 foot/land on other. Make it bigger each time; repeat 10x	8 Create a movement sequence- hop, twist, reach, skip, gallop- & do it together. Say the words as you do the	9 How many toes taps can you do on a soccer ball in one minute? Take a rest then try to beat your high score.	10 Spend 60 minutes doing your family's favorite active activity.		
	11 Make-up your own lawn game/s then play for 30 minutes w/your family.	12 Make a soccer goal w/2 objects. Be soccer goalie & try to block someone's shot 10x. Take turns playing	13 Use a step or wooden bench & do 10 step-ups on each leg. Count how many step-ups you can do in one minute. Challenge someone to beat your	14 Balloon Foot Balance: Lie on floor w/feet in air; balance balloon on feet. See how long you can do it.	15 Time to get moving today, do 10 minutes of activity that makes you sweat. You decide what fun activities you will do.	16 Make paper airplanes and create landing pads or targets using paper towels. Try to make your airplane land on its	17 Make-up a physical challenge for your family & see who can complete it.		
	18 Create and Obstacle Course using whatever you have at home; then do it! (jumping, crawling, hopping, balancing, etc.)	19 Go for a color walk. As you walk keep track of colors you see; draw a picture using those same colors afterwards.	20 Pretend you have a farm in your living room or yard. Act out what you might see- like a pig rolling in mud, a horse galloping, a farmer picking apples from a tree	21 Alphabet Jumping Jacks (26 total) as fast as you can. Take a break; then try to beat your time.	22 Bear Walk around your house 25x. 	23 Go to every room in your house and do a fun dance for 3 minutes.	24 Write out 20 physical activities in separate pieces of paper; have another family member hide them; hunt & find them; & then everyone does that activity		
	25 Go to the beach & play in the water for 60 minutes w/your family.	26 Balloon VB: Make a net; tap balloon back & forth w/partner; or play by yourself-bop balloon, run to other side & bop it back before it hits floor.	27 Switcheroos- put one foot in front of the other, jump up and switch your feet in the air. How many can you do in 1 minute?	28 Movement Memory Game- W/partner 1 person does 3 movements as other watches. Other person tries to repeat those movements. Switch & Repeat	29 Make a balance beam routine; use sting or towel & do 3 balances together on beam. (stork stance, knee balance, knee lift v-sit)	30 Make a circle on floor w/sting & move into, out of, around, over & beside. Make a different shape & repeat.			
	NOTES								

Student Signature:

Teacher Name, Grade, Room #: