

# Health & Fitness Calendar ~ April 2021

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