

Health & Fitness Calendar ~ August 2020

	SUN	MON	TUES	WED	THURS	FRI	SAT
Directions: Perform the activity listed for each day. Parents/Guardians initial each completed activity. The entire family may participate! At the end of the month, please return your calendar to your teacher. Fill in your class information. Parent/Guardian Signature: Student Signature: Teacher Name, Grade, Room #:							1 Walk for 15 minutes
	2 Practice ball-handling skills with your hands (15 min)	3 30 High Knees- each knee	4 Jump Rope for 5 minutes without stopping	5 10 Bicep Curls with soup cans	6  10 Squats	7 Jump with both feet 25x	8 Practice underhand throwing pattern (15 min)
	9 Walk around your block with an adult	10 Play Frisbee a friend	11 Jump Rope for 5 minutes without stopping	12 25 Half -Jacks	13 Hop on each leg 10x	14 30 Skier's jumps	15 Ride your bicycle ~wear your safety gear
	16 Take a family walk	17 15 Leg Lifts (each leg)	18 Dance to music for 15 minutes	19 Hula Hoop 50 times	20 Step up & down curb 30 times	21 10 chest presses with your dictionary	22 25 Calf-raises
	23 Run, jump, hop in sprinklers for 15 minutes	24 Bear Walk around your house	25  20 Ski Jumps	26 25 Crunches	27 Teach an adult the skill you learned in class	28 Run in Place 2 min.	29 March to music for 10 minutes
	30 Ride your skateboard or scooter (15 min) *Wear Safety Gear	31 Play tag with at least 3 other people	NOTES				