


# Health & Fitness Calendar ~ December 2020

Directions:	SUN	MON	TUES	WED	THURS	FRI	SAT
Perform the activity listed for each day.			<b>1</b> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥	<b>2</b> Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together.	<b>3</b> Frog Jump ♥ From the frog pose position, jump up and down and around your house. Have a frog race!	<b>4</b> Do 20 side kicks 20 front kicks 20 back kicks.	<b>5</b> Play Catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.
Parents/Guardians initial each completed activity.							
The entire family may participate!	<b>6</b> Use food cans to do lunges while singing your favorite song.	<b>7</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat	<b>8</b> Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush.	<b>9</b> See how many times you can jump backwards in a row.	<b>10</b> Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.	<b>11</b> Practice dribbling using your hands for 15 minutes.	<b>12</b> Walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in
At the end of the month, please return your calendar to your teacher.							
Fill in your class information.	<b>13</b> ♥ Create an 8-count movement pattern and have someone do it with you.	<b>14</b> Practice dribbling using your feet for 15 minutes.	<b>15</b> Build a structure then use Underhand Throwing Pattern to knock it down.	<b>16</b> Teach someone in your family an activity you learned in class.	<b>17</b> How many jumps does it take to get around your home?	<b>18</b> Juggling Use a plastic grocery bag or scarf and juggle, is 1 bag too easy? Try 2.	<b>19</b> Try bouncing a ball with a racquet/paddle 50 times.
Parent/Guardian Signature:							
Student Signature:	<b>20</b> Go outside & play for 1 hour instead of watching TV.	<b>21</b> Spread your wings and fly...pretend you are a bird and fly around your yard, 5 minutes; then make up your own flying pattern for 10 minutes	<b>22</b> Do 100 jumping jacks~you can rest between.	<b>23</b> Sock Balance Get a pair of socks, fold them into a ball. Balance the socks on a body part as you walk around.	<b>24</b> Walk for 3 minutes using the toe-heel-toe-heel pattern. Get a family member to join you!	<b>25</b> Pick 2 activities (like jumping jacks or push-ups) and do them for 30 sec. with a family member.	<b>26</b> Use sidewalk chalk to make a hopscotch pattern, play for 10 minutes.
Teacher Name, Grade, Room #:	<b>27</b> Use soup cans and do 10 lunges on each leg. 	<b>28</b> Create a cool obstacle course for your family to complete. See who can get through it the fastest.	<b>29</b> Practice side stepping for 5 minutes.	<b>30</b> Throw a ball with family member(s) for at least 15 minutes.	<b>31</b> Practice skipping backwards 10x.		
	<b>NOTES</b>						