



Health & Fitness Calendar ~ February 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> <hr/> <p>Student Signature:</p> <hr/> <p>Teacher Name, Grade, Room #:</p> <hr/>		1 Play Bocce Ball with friends.	2 Toss 10 pennies on ground. See how fast you can gather pennies & drop them a box/bowl. Write down your time.	3 Superhero Batman Cardio (follow link)	4 Sock Relay Challenge: Using socks & only your feet, try to get from one side to other as many times as you can in 1 minute.	5 Drum Fit: Using a stool or box & 2 spoons or spatulas give some of these a try-Happy; Crab Rave.	6 Build a Ninja Course then complete it, time yourself on each round.	
	7 Sock Skating: put on socks to skate around; try spins & stops; make a course; see who can slide the farthest; for a speed factor use a piece of wax paper under each foot.	8 Bowling: Roll a ball & try to knock over toilet paper rolls, paper towel rolls, or water bottles.	9 Soccer Goalie Skills: With a partner take turns kicking & blocking the kicks. Goalie can use hands & feet!	10 Noodle Darts: Overhand throw a noodle aiming for a target on the ground. Try to get it to land in the center.	11 Triangle Run: Make a triangle out of chalk or items in your home. Side Shuffle Run Backpedal. See how many times you can go around the triangle in 1 minute.	12 Leap Frog around your house 25x.		13 Beach: Build sandcastles, look for sea shells, or go body surfing.
	14 Pushover parents: Parent plants feet & child sees if they can budge you. If parent moves feet, child wins. Repeat.	15 Soccer Snake Dribble Skills: Making an S shape kick a ball or sock ball lightly. Use the inside of your foot.	16 Turkish Get Ups Balance Challenge: Balancing something in your hand, try this movement pattern without dropping item. If you can do it add another item & keep building each	17 Tabata Workout: Do each exercise for 20 seconds & then rest for 10 seconds.	18 Hitting off a pitch or toss: (Underhand Throwing Pattern); your partner will work on trying to hit sockball in the air using batting	19 Balloon Taps: hang balloon by string in doorway few inches higher than you can reach; jump & tap balloon: how many can	20 Play Beach/Sand Volleyball with your family.	
	21 Popcorn pushups: Put a small bowl of popcorn on floor. Lower yourself down & stick out your tongue to get a piece of popcorn w/each pushup.	22 Sticky Spider Web: Use painter's tape & make a web in open doorway; throw various objects into web; see how many stick.	23 Make 5-10 lines on floor/ground: perform the following: standing long jump; long jump backwards; hop; run & jump.	24 Penguin Waddle: place balloon between knees, waddle around space w/out dropping it; go around obstacles; jump from spot to spot; make up your own movement	25 Make lots of shapes on ground/floor, move from shape to shape using different modes (bear crawl, leap frog, kangaroo jump, etc.).	26 StickyNote Toss: place 26 sticky notes on wall/door w/different letter on each one; toss a sockball & hit each letter of your spelling	27 Make your own Miniature Golf course, then play it with your family.	
	28  Run in place for 1 minute.							

National Girls and Women in Sports Month