



Health & Fitness Calendar ~ January 2021

Directions:	SUN	MON	TUES	WED	THURS	FRI	SAT
<p>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> <p>Student Signature:</p> <p>Teacher Name, Grade, Room #:</p>						1 Create a dribbling routine then perform it for your family.	2 With your family choose your favorite physical activity then DO IT!
	3 Go to a park and hike for 1 hour.	4 Statues—make a statue with your body, and hold it as long as you can, 5x.	5 Do wall-sits. Hold as long as you can. Repeat 3 times.	6 Power jumps—squat like a frog and explode straight up for 1 minute. Repeat 3x.	7 Back flat against wall, do wall sit for 60 seconds, repeat 5x.	8  -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10	9 Play Frisbee with your family for 20 minutes.
	10 Clean-up race: Set a timer or put on a song to see who can right the room the fastest.	11 Pretend to: -Sit in a chair for 10 seconds - Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car.	12 Pick a distance and challenge a friend to a speed walking race. No running!	13 Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.	14 Juggling Use a plastic grocery bag or scarf and juggle, is 1 bag too easy? Try 2.	15 Lay on your stomach resting on your forearms. Crawl across room dragging your body as if going under	16 Animal races w/your family: Hop like a bunny or frog; squat and waddle like a duck.
	17 Tickle tag: Chase your family member. When you catch them, it's tickle time.	18 Dance Party for 1 song. 	19 Hop to your right bringing your left foot behind you w/ knees bent & body low. Repeat on left, 30 seconds.	20 Put each foot on a paper plate, and slide around the room like you are skating.	21 Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.	22 With both hand, hold a can of soup above your head. Bend your elbows. This works your triceps.	23 Scavenger hunt: Write up clues and hide them around the apartment. Kids can race to find each clue for a small prize at the end.
	24 Carnival: Set up carnival games such as "Knock Down the Milk Cans" (use Tupperware or food cans).	25 Hula Hoop 50 times (Pretend if you need to!).	26 Jump like a kangaroo 50 times.	27 Use a laundry basket and practice tossing and throwing objects into it.	28 Set up billards, circles for holes, any type ball, noodle/paper towel roll for cue stick; play multiple rounds.	29 Set up golf course, circles for holes, any type ball, noodle/paper towel roll for club; play multiple rounds.	30 Bubble wrap attack: If you get bubble wrap in the mail, jump on it until it's all popped.
	31 Hallway bowling: Fill up water bottles and use any ball you have.						

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