

# Health & Fitness Calendar ~ November 2020

	SUN	MON	TUES	WED	THURS	FRI	SAT	
<p><b>Directions:</b> Perform the activity listed for each day. Parents/Guardians initial each completed activity.</p> <p>The entire family may participate! 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>	<p><b>1</b></p> <p>Hold onto a chair &amp; stand on your tippie toes for 1 minute.</p>	<p><b>2</b></p> <p>Jog in place for 30 seconds in every room of your home.</p>	<p><b>3</b></p> <p>Lift 1 leg &amp; balance w/out putting your other foot down for 30 seconds. Repeat w/other leg.</p>	<p><b>4</b></p> <p>Do 30 side lunges.</p>	<p><b>5</b></p> <p>Do high knees while singing your favorite song.</p>	<p><b>6</b></p> <p>Hold hands with a family member &amp; do 25 squats together.</p>	<p><b>7</b></p> <p>Make an activity pathway on a flat surface, then do it!</p>	
	<p><b>8</b></p> <p>Make up your own fitness challenge, draw it on the back of this paper, then challenge a family member to</p>	<p><b>9</b></p> <p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p><b>10</b></p> <p>Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe</p>	<p><b>11</b></p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump</p>	<p><b>12</b></p> <p>Skip around your house while singing the school song.</p>	<p><b>13</b></p> <p>Find a step or a bench and jump up and down 50 times.</p>	<p><b>14</b></p> <p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your</p>	
	<p><b>15</b></p> <p>Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</p>	<p><b>16</b></p> <p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump</p>	<p><b>17</b></p> <p>Face each wall in a room &amp; do a different exercise for 30 seconds: side shuffle, grapevine to left then right, wide stance punches,</p>	<p><b>18</b></p> <p>Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p><b>19</b></p> <p>Jump rope to music! Can you jump to an entire song without stopping?</p>	<p><b>20</b></p> <p>During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you</p>	<p><b>21</b></p> <p>Side Jumps: Stand on side of a small object. Face forward &amp; jump back &amp; forth as many times as you can in 1 minute. Try to beat</p>	
	<p><b>22</b></p> <p>Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time</p>	<p><b>23</b></p> <p>See how many times you can run around the outside of your house without stopping. Check your pulse when done.</p>	<p><b>24</b></p> <p>Hula Hoop while saying alphabet forwards &amp; backwards</p>	<p><b>25</b></p> <p>Jumping Beans Be creative and see how many different ways you can jump rope. Teach a family member.</p>	<p><b>26</b></p> <p>Do 8 jumping jacks, 8 silly shakes (just shake as silly as you can), 8 high knees, 8 scissor jumps.</p>	<p><b>27</b></p> <p>Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p><b>28</b></p> <p>Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>	
	<p><b>29</b></p> <p>After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it</p>	<p><b>30</b></p> <p>Throw a soft object up into the air. See how many times you can clap before you catch it.</p>						
	<p><b>NOTES</b></p>							

