



# Health & Fitness Calendar ~ October 2020

Directions:	SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Perform the activity listed for each day.</b></p> <p><b>Parents/Guardians initial each completed activity.</b></p> <p><b>The entire family may participate!</b></p> <p><b>At the end of the month, please return your calendar to your teacher.</b></p> <p><b>Fill in your class information.</b></p> <p><b>Parent/Guardian Signature:</b></p> <p><b>Student Signature:</b></p> <p><b>Teacher Name, Grade, Room #:</b></p>					1 Practice ball-handling skills with your hands for 15 minutes	2 Jump on two feet 50 times	3 Roll a hula hoop to a family member 20 times.
	4 can you get in a bucket, using underhand throwing pattern?	5 Walk for 15 minutes	6 Hop with right foot then hop with left foot, 10 times each.	7 Crab Walk from kitchen to bed 	8 Spell your first name and your last name using your body to make the letters	9 Balance on one foot for 30 seconds, then the other foot for 30 seconds	10 Do 30 jumping jacks with a family member.
	11 Go for a walk with a family member, at least 15 minutes	12 Pick a song and choreograph a dance	13 Walk around your home, going in every room, on your tiptoes	14 Walk up and down one flight of stairs 10x	15 Play tunnel tag with your family for 15 minutes	16 Make pair of socks into a ball, balance it on different body parts then walk around your house.	17 Make-up your own silly walk & teach it to a family member.
	18 Walk around your block with an adult.	19 Create a 4-part jumping pattern to your favorite music.	20 Use food cans to do 20 bicep curls each 	21 Sit on your akole and try to balance for 30 seconds (no hands or feet touching). Try it 3 times.	22 Do 10 lunge & lean on each side.	23 Do 10 front & 10 side knee ups, each leg.	24 Make up your own game, then teach to someone else.
	25 Play follow the leader with a family member, 18 minutes.	26 Make up your own kickboxing routine that is 10 minutes long.	27 How many calf raises can you do in 1 minute? Do it 3x.	28 Play your favorite tag game with a friend.	29 Skip around your outside space for 15 minutes.	30 See how many crunches you can complete in one minute.	31 Make your own bowling pins out of soda bottles, then bowl 10 frames.
	<b>NOTES</b>						