



# Health & Fitness Calendar ~ September 2020

Directions:	SUN	MON	TUES	WED	THURS	FRI	SAT
Perform the activity listed for each day.			1 Crab walk around room for 1 minute. Bear walk around room for 1 minute.	2 Do 10 push-ups & 25 crunches during 4 	3 Wall-sits. Hold as long as you can. Repeat 3x	4 Jump forward and backward 25 times	5 Draw different kinds of lines on ground with chalk. Walk along them one foot in front of the other balancing.
Parents/Guardians initial each completed activity.							
The entire family may participate!	6 Move around like a chicken, snake, horse, dog (10 min).	7 25 Scissor Jumps	8 Jump Rope for 5 minutes without stopping	9 Along a sidewalk alternate between skipping, speed walking, and jogging	10 Jump Rope 10 times on your right foot then 10 times on your left foot.	11 Toss ball in air, 1.Touch your nose 2. Clap twice 3.High-five 4. Spin around *before catching ball:	12 Walk with adult Talk about what to do if you are bullied or see someone being bullied while taking a walk.
At the end of the month, please return your calendar to your teacher.							
Fill in your class information.	13 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat	14 8 jumping jacks, 8 silly shakes (just shake as silly as you can), 8 high knees, 8 scissor jumps	15 Step up and down two stairs carefully – 20 times	16 Place ball between you & partner's hips. Walk across room without letting ball drop	17 Skip around the outside of the house safely, 3x.	18 Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat, Repeat 10x.	19 I, Spy Walk Go for a walk with your family while playing a game of I, Spy
Parent/Guardian Signature:							
Student Signature:	20 Run, jump, hop in sprinklers for 15 minutes	21 Complete 25 of the following: Skip, Jump, High Knees, Walk backwards.	22 Stand behind a line and jump as far as you can. Try 3 different times to see how far you can go	23 Jump as high in the air as you can for 30 seconds. Repeat 3x.	24 Teach an adult the skill you learned in class	25 Stand on 1 foot and dribble a ball 50 times	26 8 squats, 8 side steps, 4 walk to the right & clap, 4 walk to the left clap, 8 jumps, Repeat 5x
Teacher Name, Grade, Room #:	27 10 side kicks, 10 front kicks, 10 back kicks, on each leg.	28 Jump up with your arms and legs spread out like a star. Do 10, rest & repeat. 	29 Hop on one leg 30 times, switch legs-Take 10 giant steps-Walk on your knees-Sprint for 10 seconds.	30 Throw a ball into the air & see how many times you can clap before you catch it, repeat 10x			
	<b>NOTES</b>						