

| January 2018 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|--|--|
| <p><u>Health & Fitness Calendar</u></p> <p>Directions:</p> <p>Perform the activity listed for each day.</p> <p>The entire family may participate!</p> <p>Parents/Guardians initial each completed activity.</p> <p>At the end of the month, please return your calendar to Ms. Duell.</p> <p>Student & Parent/Guardian signatures.</p> <p>Fill in your class information.</p> <div data-bbox="94 987 466 1073" style="border: 1px solid black; padding: 5px; margin: 10px 0;">Parent Signature</div> <div data-bbox="94 1117 466 1203" style="border: 1px solid black; padding: 5px; margin: 10px 0;">Student Signature</div> <div data-bbox="94 1247 466 1333" style="border: 1px solid black; padding: 5px; margin: 10px 0;">Teacher's Name, Grade, Room #</div> | <p>1</p> <p>Put each foot on a paper plate, and slide around the room like you are skating</p> | <p>2</p> <p>Inch worms—keep your legs straight, hands on ground, & walk your hands forward to push-up position, then walk legs up, 5x</p> | <p>3</p> <p>Jog in place for 1 minute, do 10 pushups, jog in place for 1 more minute</p> | <p>4</p> <p>Crab walk around room for 1 minute. Bear walk around room for 1 minute</p> | <p>5</p> <p>Use a laundry basket and practice tossing and throwing objects into it</p> | <p>6</p> <p>Go for a 30-minute hike with your family.</p> | |
| | <p>7</p> <p>Go for a 45-minute walk with your family.</p> | <p>8</p> <p>Statues—make a statue with your body, and hold it as long as you can, 5x</p> | <p>9</p> <p>Do wall-sits. Hold as long as you can. Repeat 3 times</p> | <p>10</p> <p>Power jumps—squat like a frog and explode straight up for 1 minute. Repeat 3x</p> | <p>11</p> <p>Make a hop scotch court and play with your family</p> | <p>12</p> <p>Make a 4 square court and play with your family & friends</p> | <p>13</p> <p>Go to a playground and play for 1 hour</p> |
| | <p>14</p> <p>Go to a park and hike for 1 hour</p> | <p>15</p> <p>-Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance - Sprint for 10 seconds</p> | <p>16</p> <p>Lay on your stomach resting on your forearms. Crawl across room dragging your body as if going under obstacle</p> | <p>17</p> <p>Juggling Use a plastic grocery bag or scarf and juggle, is 1 bag too easy? Try 2.</p> | <p>18</p> <p>Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p> | <p>19</p> <p>Along the sidewalks alternate between skipping, speed walking, and jogging</p> | <p>20</p> <p>Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go</p> |
| | <p>21</p> <p>Go outside for 1 hour instead of watching TV. .</p> | <p>22</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat</p> | <p>23</p> <p>Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p> | <p>24</p> <p>Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p> | <p>25</p> <p>Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog - Lift a car</p> | <p>26</p> <p>Hop to your right bringing your left foot behind you w/ knees bent & body low. Repeat on left, 30 seconds</p> | <p>27</p> <p>Create a cool obstacle course for your family to complete. See who can get through it the fastest.</p> |
| | <p>29</p> <p>Make up your own Fitness Challenge.</p> | <p>30</p> <p>Balloon Bounce 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>31</p> <p>With both hand, hold a can of soup above your head. Bend your elbows. This works your triceps</p> | <p>Hula Hoop 50 times (Pretend if you need to!)</p> | <p>Jump like a kangaroo 50 times</p> | <p>Step up and down two stairs carefully – 20 times</p> | <p>With your family choose your favorite activity then DO IT!</p> |