

| November 2017 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <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="107 1029 478 1117" style="border: 1px solid black; padding: 5px; text-align: center;">Parent Signature</div> <div data-bbox="107 1157 478 1245" style="border: 1px solid black; padding: 5px; text-align: center;">Student Signature</div> <div data-bbox="107 1291 478 1378" style="border: 1px solid black; padding: 5px; text-align: center;">Teacher's Name, Grade, Room #</div> | | | | <p>1</p> <p>Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.</p> | <p>2</p> <p>Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p> | <p>3</p> <p>See how many times you can run around the outside of your house without stopping. Check your pulse when done</p> | <p>4</p> <p>Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend</p> |
| | <p>5</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>6</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>7</p> <p>Jump rope to music! Can you jump to an entire song without stopping?</p> | <p>8</p> <p>Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p> | <p>9</p> <p>Side-to-Side Jumps: Stand on side of a small object. Face forward & jump back & forth as many times as you can in 1 minute. Try to beat your score!.</p> | <p>10</p> <p>Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p> | <p>11</p> <p>Face each wall in a room & do a different exercise for 30 seconds -side shuffle -grapevine to left then right - wide stance punches -vertical jumps</p> |
| | <p>12</p> <p>Exercise DVD ♥ Get an exercise DVD or find one on the internet and do it with the whole family.</p> | <p>13</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>14</p> <p>Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope</p> | <p>15</p> <p>Side to Side Jumps Stand on the side of a small object. Face forward & jump back & forth as many times as you can in 1 minute. Try to beat your score!</p> | <p>16</p> <p>Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it</p> | <p>17</p> <p>Jump Rope ♥ Jump rope 100 consecutive jumps. Do these 10 different times.</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>After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.</p> | <p>20</p> <p>Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥</p> | <p>21</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> | <p>22</p> <p>Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together.</p> | <p>23</p> <p>Frog Jump ♥ From the frog pose position, jump up and down and around your house. Have a frog race!</p> | <p>24</p> <p>Kick City ♥ 20 side kicks 20 front kicks 20 back kicks</p> | <p>25</p> <p>Play Catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p> |
| | <p>26</p> <p>Family Adventure Go for a walk with your family on a trail you've never traveled before</p> | <p>27</p> <p>Shuffle Squat ♥ Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat</p> | <p>28</p> <p>Gather round objects. Start with largest & walk around your house keeping object between your knees.</p> | <p>29</p> <p>Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush</p> | <p>30</p> <p>See how many times you can jump backwards in a row.</p> | | |