

| November 2017 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Health & Fitness Calendar

Directions:

Perform the activity listed for each day.

The entire family may participate!

Parents/Guardians initial each completed activity.

At the end of the month, please return your calendar to Ms. Duell.

Student & Parent/Guardian signatures.

Fill in your class information.

Parent Signature

Student Signature

Teacher's Name, Grade, Room #

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| | | | | 1 Crab Walk Try crab walking around your living room. Gather family members or friends and have a race. | 2 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions | 3 See how many times you can run around the outside of your house without stopping. Check your pulse when done | 4 Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend |
| 5 Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose. | 6 Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge. | 7 Jump rope to music! Can you jump to an entire song without stopping? | 8 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! | 9 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!. | 10 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. | 11 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 | |
| 12 Exercise DVD ♥ Get an exercise DVD or find one on the internet and do it with the whole family. | 13 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. | 14 Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope | 15 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! | 16 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it | 17 Jump Rope ♥ Jump rope 100 consecutive jumps. Do these 10 different times. | 18 Crazy 8's ♥ 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps | |
| 19 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. | 20 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥ | 21 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | 22 Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together. | 23 Frog Jump ♥ From the frog pose position, jump up and down and around your house. Have a frog race! | 24 Kick City ♥ 20 side kicks 20 front kicks 20 back kicks | 25 Play Catch with a family member. Keep your eyes on the ball and catch it with your hands not your body. | |
| 26 Family Adventure Go for a walk with your family on a trail you've never traveled before | 27 Shuffle Squat ♥ Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat | 28 Gather round objects. Start with largest & walk around your house keeping object between your knees. | 29 Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush | 30 See how many times you can jump backwards in a row. | | | |