

# September 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## 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 #



1	2						
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

Jump forward and backward 25 times

Catch a ball 25 times

Animal Charades Move around like a Chicken, snake, horse, dog.

25 Scissor Jumps

Jump Rope for 5 minutes without stopping

Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging

Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot.

Toss ball in air, 1.Touch your nose 2. Clap twice 3.High-five 4. Spin around \*before catching ball:

Walk and Talk Walk with adult Talk about what to do if you are bullied or see someone being bullied

Along the sidewalks alternate between skipping, speed walking, and jogging.

“Skate” one minute

8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat

Crazy 8’s 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps

Step up and down two stairs carefully – 20 times

Place ball between you & partner’s hips. Walk across room without letting ball drop.

I, Spy Walk Go for a walk with your family while playing a game of I, Spy

Run, jump, hop in sprinklers for 15 minutes

Draw different kinds of lines on ground with chalk. Walk along them one foot in front of the other balancing.

Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.

Vertical Jump; Jump as high as you can for 30 seconds. Repeat.

Teach an adult the skill you learned in class

Stand on 1 foot and dribble a ball 50 times

8 bent knee bounces 8 step touches 4 walk to the right & clap 4 walk to the left clap 8 jumps Repeat

A Quarter’s Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards

Skip around the outside of the house safely

10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.

10 side kicks 10 front kicks 10 back kicks Be sure to do 10 on each side!

Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

Hop on one leg 30 times, switch legs - Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds

Clap and Catch Throw a ball into the air. See how many times you can clap before you catch it