

April 2020	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><u>Parents/Guardians initial each completed activity.</u></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>Parent Signature</div> <div>Student Signature</div> <div>Teacher's Name, Grade, Room #</div>				1 Jog in place for 1 minute, do 10 pushups, jog in place for 1 more minute	2 Crab walk around room for 1 minute. Bear walk around room for 1 minute	3 Jog in place with High Knees for 1 minute	4 Statues—make a statue with your body, and hold it as long as you can (5x)
	5 Go for a walk with your family.	6 Wall-sits. Hold as long as you can. Repeat 3x	7 Power jumps—squat like a frog and explode straight up for 1 minute. Repeat 3x	8 Try a Bell jump! To do so, jump forward and backward while keeping your feet together. Can you do 5 in a row? 10?	9 Do 10 push-ups or 15 sit-ups during 4 commercial breaks	10 Practice striking and volleying with a friend or family member!	11 Blow up a balloon and see how many times you can keep it up in the air. Play by yourself or with friends!
	12 Throw a ball with family member(s) for at least 15 minutes	13 Do a cardio activity of your choice today!	14 Practice dribbling, trapping, and kicking a soccer ball	15 Try a Skier jump: jump side-to-side while keeping your feet together. Practice the Bell jump again too!	16 25 frog jumps 25 sit-ups 25 push-ups	17 Try an activity that begins with "S" (swim, skate).	18 Show an adult how to find your pulse. Compare pulse rates after 20 jumping jacks (3x)
	19 Make an obstacle course at the park, and time each other through it	20 Get outside again and work on the concept of big and small. Can you take big steps and small steps? Big jumps and small jumps?	21 Practice rolling your body into different shapes and then moving across the floor. Can you be straight like a pencil and small like a marble?	22 Shut off the lights and have fun with a flashlight dance. When the flashlight is shinned onto a body part, move it in different ways – wiggle, reach, bend and stretch.	23 Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it	24 Twist, turn, bounce, bend. Try doing each of these movements with different parts of your body. Can you think of other ways to move?	25 Move across the room acting like something. When you get to the other side someone has to guess what you were and then they have to copy your movements.
	26 Walk around your block with an adult	27 Knee Raises: alternating right/left; 20x	28 Heel Walks (20 seconds)	29 Go ice skating inside! Put two paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or a curvy line.	30 Put each foot on a paper plate, and slide around the room like you are skating.		