

February 2020

Sunday

Monday

Tuesday

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Thursday

Friday

Saturday

National Girls and Women in Sports Month

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 Go for a ride using a bike, skateboard or rollerblades. Don't forget your helmet!
2 Make up your own Fitness Challenge	3 Throw a ball with family member(s) for at least 15 minutes	4 Do a 30 Second Fitness Challenge with a family member	5 Just Dance Put on your favorite tunes and show off your best moves for 3 minutes.	6 Teach a family member one of the dances you learned	7 Do jumping jacks during commercial breaks while watching TV	8 Help out by gardening or doing yard work or even washing a car!	
9 Loco-Moves Go outside and travel different ways (gallop, hop, skip, etc.). How many patterns can you do?	10 Toe-Toe-Heel-Heel Walk for 3 minutes using the toe-toe-heel-heel pattern. Get a family member to join you!	11 Juggling Use a plastic grocery bag or scarf and juggle, is 1 bag too easy?	12 Calf Raise Challenge How many calf raises can you do in 1 minute? Try it 3 times and determine your best score.	13 Juggling Use a plastic grocery bag or scarf and juggle, is 1 bag too easy? Try	14 Blast Off! Complete 3 sets of 5 rocket jumps during commercial breaks.	15 Show an adult how to find your pulse. Compare pulse rates after 20 jumping jacks (3x)	
16 Make up your own Cardio Drumming routine & practice for 20 minutes	17 Pick 2 activities (like jumping jacks or push-ups) and do them for 30 sec. with a family member.	18 How many calf raises can you do in 1 minute? Do it 3x	19 Sit on your bottom and try to balance for 30 seconds. Try it 3 times.	20 Hula Hoop 50 times (Pretend if you need to!)	21 See how many line jumps (side to side) you can do in 30 seconds	22 Family Walk Get at least one family member and go outside for a walk.	
23 Walk around your block with an adult	24 See how many line jumps (forward/backward) you can do in 30 seconds	25 Practice one of the dances from class for 15 minutes	26 Teach a family member one of the Hawaiian games you learned in class	27 Try to complete 20 hops (on one foot) with each foot	28 How many jumps does it take to get around your home?	29	