

November 2019	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Health &amp; Fitness Calendar</b>  <b>Directions:</b>  <b>Perform the activity listed for each day.</b>  <b>The entire family may participate!</b>  <b>Parents/Guardians initial each completed activity.</b>  <b>At the end of the month, please return your calendar to Kumu Duell.</b>  <b>Student &amp; Parent/Guardian signatures.</b>  <b>Fill in your class information.</b>  <div>Parent Signature</div> <div>Student Signature</div> <div>Teacher's Name, Grade, Room #</div>						1 See how many times you can run around the outside of your house without stopping. Check your pulse when done	2 Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend
	3 Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.	4 Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	5 Jump rope to music! Can you jump to an entire song without stopping?	6 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!	7 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!	8 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.	9 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
	10 Exercise DVD ♥ Get an exercise DVD or find one on the internet and do it with the whole family.	11 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.	12 Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope	13 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!	14 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it	15 Jump Rope ♥ Jump rope 100 consecutive jumps. Do these 10 different times.	16 Crazy 8's ♥ 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps
	17 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.	18 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥	19 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	20 Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together.	21 Frog Jump ♥ From the frog pose position, jump up and down and around your house. Have a frog race!	22 Kick City ♥ 20 side kicks 20 front kicks 20 back kicks	23 Play Catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.
	24 Family Adventure Go for a walk with your family on a trail you've never traveled before	25 Shuffle Squat ♥ Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat	26 Gather round objects. Start with largest & walk around your house keeping object between your knees.	27 Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush	28 See how many times you can jump backwards in a row.	29 Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.	30 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions