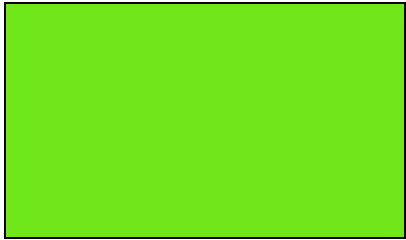


April 2018	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Health & Fitness Calendar</u></p> <p>Directions:</p> <p>Perform the activity listed for each day.</p> <p>The entire family may participate!</p> <p>Parents/Guardians initial each completed activity.</p> <p>At the end of the month, please return your calendar to Ms. Duell.</p> <p>Student & Parent/Guardian signatures.</p> <p>Fill in your class information.</p> <div data-bbox="86 995 443 1084" style="border: 1px solid black; height: 55px; margin-bottom: 5px;"></div> <div data-bbox="86 1117 443 1206" style="border: 1px solid black; height: 55px; margin-bottom: 5px;"></div> <div data-bbox="86 1239 443 1344" style="border: 1px solid black; padding: 5px;"> Teacher's Name, Grade, Room # </div>	1 Heel Walks (20 seconds)	2 Knee Raises: alternating right/left; 20x	3 Put each foot on a paper plate, and slide around the room like you are skating.	4 Jog in place for 1 minute, do 10 pushups, jog in place for 1 more minute	5 Crab walk around room for 1 minute. Bear walk around room for 1 minute	6 Jog in place with High Knees for 1 minute	7 Statues—make a statue with your body, and hold it as long as you can (5x)
	8 Go for a walk with your family.	9 Wall-sits. Hold as long as you can. Repeat 3x	10 Power jumps—squat like a frog and explode straight up for 1 minute. Repeat 3x	11 Do 10 push-ups or 15 sit-ups during 4 commercial breaks	12 Try a Bell jump! To do so, jump forward and backward while keeping your feet together. Can you do 5 in a row? 10?	13 Practice striking and volleying with a friend or family member!	14 Blow up a balloon and see how many times you can keep it up in the air. Play by yourself or with friends!
	15 Throw a ball with family member(s) for at least 15 minutes	16 Try a Skier jump: jump side-to-side while keeping your feet together. Practice the Bell jump again too!	17 Practice dribbling, trapping, and kicking a soccer ball	18 Do a cardio activity of your choice today!.	19 25 frog jumps 25 sit-ups 25 push-ups	20 Try an activity that begins with "S" (swim, skate).	21 Show an adult how to find your pulse. Compare pulse rates after 20 jumping jacks (3x)
	22 Make an obstacle course at the park, and time each other through it	23 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?	24 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?	25 Shut off the lights and have fun with a flashlight dance. When the flashlight is shined onto a body part, move it in different ways – wiggle, reach, bend and stretch.	26 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.	27 Twist, turn, bounce, bend. Try doing each of these movements with different parts of your body. Can you think of other ways to move?	28 Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it
	29	30					



Walk around
your block with
an adult

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.

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