

December 2017	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="107 982 478 1071" style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Parent Signature</div> <div data-bbox="107 1112 478 1201" style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Student Signature</div> <div data-bbox="107 1242 478 1331" style="border: 1px solid black; padding: 5px;">Teacher's Name, Grade, Room #</div>				<p>1</p> <p>Play an active video game (i.e. Wii)</p>	<p>2</p> <p>Jump Rope for 10 minutes</p>	<p>1</p> <p>Practice side stepping for 5 minutes</p>	<p>2</p> <p>Go for a 30-minute hike with your family.</p>
	<p>3</p> <p>Go for a 45-minute walk with your family.</p>	<p>4</p> <p>Practice dribbling using your hands for 15 minutes</p>	<p>5</p> <p>Practice dribbling using your feet for 15 minutes</p>	<p>6</p> <p>During a commercial break jog in place until the show is back on.</p>	<p>7</p> <p>Build a structure then use Underhand Throwing Pattern to knock it down.</p>	<p>8</p> <p>During a commercial break, see how many jumping jacks you can do.</p>	<p>9</p> <p>Go for a ride using a bike, skateboard or rollerblades. Don't forget your helmet!</p>
	<p>10</p> <p>♥ Create an 8-count movement pattern and have someone do it with you.</p>	<p>11</p> <p>Teach someone in your family an activity you learned in class.</p>	<p>12</p> <p>How many jumps does it take to get around your home?</p>	<p>13</p> <p>Juggling Use a plastic grocery bag or scarf and juggle, is 1 bag too easy? Try 2.</p>	<p>14</p> <p>Sock Balance Get a pair of socks, fold them into a ball. Balance the socks on a body part as you walk around.</p>	<p>15</p> <p>Toe-Toe-Heel-Heel Walk for 3 minutes using the toe-toe-heel-heel pattern. Get a family member to join you! .</p>	<p>16</p> <p>Try bouncing a ball with a racquet 50 times</p>
	<p>17</p> <p>Go outside for 1 hour instead of watching TV. .</p>	<p>18</p> <p>Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥</p>	<p>19</p> <p>Fly Like an Eagle Spread your wings and fly...pretend you are a bird and fly around your yard.</p>	<p>20</p> <p>Pick 2 activities (like jumping jacks or push-ups) and to them for 30 sec. with a family member.</p>	<p>21</p> <p>Go play outside for one hour instead of watching TV</p>	<p>22</p> <p>Use sidewalk chalk to make a hopscotch pattern, play for 10 minutes.</p>	<p>23</p> <p>Create a cool obstacle course for your family to complete. See who can get through it the fastest.</p>
	<p>24</p> <p>Make up your own Fitness Challenge.</p> <p>_____</p> <p>31 Celebrate by jogging in place for 5 minutes</p>	<p>25</p> <p>Make up your own Tag Game (with or without equipment).</p>	<p>26</p> <p>Throw a ball with family member(s) for at least 15 minutes.</p>	<p>27</p> <p>Juggle three balls for 10 minutes</p>	<p>28</p> <p>Practice skipping backwards 10x</p>	<p>29</p> <p>Create a dribbling routine then perform it for your family</p>	<p>30</p> <p>With your family choose your favorite activity then DO IT!</p>