

October 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="109 1031 478 1117" style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Parent Signature</div> <div data-bbox="109 1161 478 1247" style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Student Signature</div> <div data-bbox="109 1291 478 1377" style="border: 1px solid black; padding: 5px;">Teacher's Name, Grade, Room #</div>	<p>1</p> <p>Play follow the leader with a family member</p>	<p>2</p> <p>Sit on your gluteus maximus and try to balance for 30 seconds (no hands or feet touching). Try it 3 times</p>	<p>3</p> <p>Practice ball-handling skills with your hands for 15 minutes</p>	<p>4</p> <p>Jump on two feet 50 times</p>	<p>5</p> <p>Walk for 15 minutes</p>	<p>6</p> <p>Hop with right foot then hop with left foot, 10 times each.</p>	<p>7</p> <p>Roll a hula hoop to a family member 20 times</p>
	<p>8</p> <p>Walk around your block with an adult</p>	<p>9</p> <p>Lie on your back and do bicycle kick for 30 seconds; repeat 3x</p>	<p>10</p> <p>Spell your first name and your last name using your body to make the letters</p>	<p>11</p> <p>Balance on one foot for 30 seconds, then the other foot for 30 seconds</p>	<p>12</p> <p>Do 30 jumping jacks with a family member</p>	<p>13</p> <p>Play hopscotch for 15 minutes</p>	<p>14</p> <p>Go for a walk with a family member, at least 15 minutes</p>
	<p>15</p> <p>Play Wishing Well with your family (how many sock balls can you get in a bucket?)</p>	<p>16</p> <p>Pick a song and choreograph a dance</p>	<p>17</p> <p>Teach yesterday's dance to a friend</p>	<p>18</p> <p>Walk around your home, going in every room, on your tiptoes</p>	<p>19</p> <p>Walk up and down one flight of stairs 10x</p>	<p>20</p> <p>Play tunnel tag with your family for 15 minutes</p>	<p>21</p> <p>Sock Balance: Make pair of socks into a ball, balance it on different body parts then walk around your house</p>
	<p>22</p> <p>Make-up your own silly walk & teach it to a family member</p>	<p>23</p> <p>Walk Toe-Toe-Heel-Heel for 3 minutes, have a friend copy you</p>	<p>24</p> <p>How many calf raises can you do in 1 minute? Do it 3x</p>	<p>25</p> <p>Play your favorite tag game with a friend</p>	<p>26</p> <p>Skip around your outside space for 15 minutes</p>	<p>27</p> <p>See how many crunches your can complete in one minute</p>	<p>28</p> <p>Make your own bowling pins out of soda bottles, then bowl 10 frames</p>
	<p>29</p> <p>Walk around your block with an adult</p>	<p>30</p> <p>Make up your own game, then teach to someone else</p>	<p>31</p> <p>Create a 4-part jumping pattern to your favorite music</p>				

