

December 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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