

# September 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 #



2 Animal Charades Move around like a Chicken, snake, horse, dog.	3 25 Scissor Jumps	4 Jump Rope for 5 minutes without stopping	5 Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging	6 Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot.	7 Toss ball in air, 1.Touch your nose 2. Clap twice 3.High-five 4. Spin around *before catching ball:	8 Walk and Talk Walk with adult Talk about what to do if you are bullied or see someone being bullied
9 Along the sidewalks alternate between skipping, speed walking, and jogging.	10 “ Skate” one minute	11 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat	12 Crazy 8’s 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	13 Step up and down two stairs carefully – 20 times	14 Place ball between you & partner’s hips. Walk across room without letting ball drop.	15 I, Spy Walk Go for a walk with your family while playing a game of I, Spy
16 Run, jump, hop in sprinklers for 15 minutes	17 Draw different kinds of lines on ground with chalk. Walk along them one foot in front of the other balancing.	18 Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.	19 Vertical Jump; Jump as high as you can for 30 seconds. Repeat.	20 Teach an adult the skill you learned in class	21 Stand on 1 foot and dribble a ball 50 times	22 8 bent knee bounces 8 step touches 4 walk to the right & clap 4 walk to the left clap 8 jumps Repeat
23 A Quarter’s Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	24 Skip around the outside of the house safely	25 10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	26 10 side kicks 10 front kicks 10 back kicks Be sure to do 10 on each side!	27 Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	28 Hop on one leg 30 times, switch legs - Take 10 giant steps - Walk on your knees - Do a silly dance - Sprint for 10 seconds	29 Clap and Catch Throw a ball into the air. See how many times you can clap before you catch it
30 10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.						