

















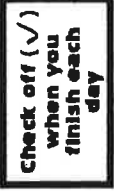




Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: If you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Student Name:</p> <p>Classroom Teacher:</p>	<p>Parent Signature:</p>					
<p>5 Get some cans or food and do arm curls while a family member or friend counts to 100. Use both arms!</p> 	<p>6 Keep your legs straight while you bend relaxed at the waist. Push out and out slowly making your hands reach for the floor.</p> 	<p>7 Do the butterfly stretch while saying out loud to words that begin with the letter "J".</p> 	<p>8 Reach up 15 times off the floor.</p> 	<p>9 Do squats while watching 3 commercials on T.V.</p> 	<p>10 Grab one foot and stretch your thigh for 30 seconds. Use the other leg. Then try it with your eyes closed.</p> 	<p>11 Balance on one foot while a family member or friend sings the ABC song 3 times.</p> 
<p>2 Challenge a family member or friend to a "Mountain Climber To 50" Race.</p> 	<p>13 Pretend to hula hoop while saying the alphabet forwards, backwards, if you have a hula hoop, use it!</p> 	<p>14 Dance to one of your favorite songs.</p> 	<p>15 Do 60 seconds of arm circles.</p> 	<p>16 Rest Day</p>	<p>17 Hold a push-ups position while giving a high five to a family member or friend 25 times.</p> 	<p>18 Challenge a family member or friend to a jumping jack race to 50 contest.</p> 
<p>19 Stand in front of a mirror and flex or move every muscle you can think of.</p> 	<p>20 Get one cent at food and do lunges while a family member or friend sings your favorite song.</p> 	<p>21 Spell your full name while you jump in the air for each letter.</p> 	<p>22 Rest Day</p>	<p>23 Reach and touch your toes while counting to 30. Do slow 3 times.</p> 	<p>24 Do 50 side bends. While doing them sing your favorite song out loud.</p> 	<p>25 Check off (✓) when you finish each day</p> 
<p>26 Do 100 Jumping Jacks.</p> 	<p>27 With your back flat against the wall, do the Wall Sit for 60 seconds.</p> 	<p>28 Rest Day</p>	<p>29 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30 Pick One Of Your Favorite Days And Do it Again!!!</p> 