

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!!!

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Student Name: _____</p> <p>Classroom Teacher: _____</p> <p>Parent Signature: _____</p>	<p>Check off (✓) when you finish each day</p>	<p>3 Do squats while singing the school song.</p> <p>4 Reach to both sides of your body while listening to one of your favorite songs.</p> <p>5 Do 15 push-ups.</p> <p>6 Stretch your calf muscles while you watch 3 commercials on T.V.</p> <p>7 Jog in place while you answer 10 math questions given to you by a member or friend.</p> <p>8 Hold a plank position while counting to 100 by 5's</p> <p>9 Reach for one toe while counting to 25 backwards. Repeat with the other leg. Repeat 3 times per leg.</p> <p>10 Do jumping jacks every time a commercial comes on T.V.</p> <p>11 With both legs straight, see how far you can reach. Do 10 breathes in and out each time you reach.</p> <p>12 Hold a plank position while counting to 50.</p> <p>13 Do a plank while spelling your full name backwards 3 times.</p> <p>14 Pick One Of Your Favorite Days And Do it Again!!!</p>	<p>15 Touch your elbows to knees 50 times while keeping your eyes closed.</p> <p>16 Do 50 windmills touching one foot, then the other.</p> <p>17 In a straddle position reach for 10 toes. Repeat reaching for the other toe. Do that 3 times per leg.</p> <p>18 With legs crossed reach up and over your body as far as you can. Repeat reaching the other side. Repeat 3 times per side.</p> <p>19 Jump 3 times around the outside of your home or block.</p> <p>20 Jog 3 times around the outside of your home or block.</p> <p>21 Do 50 lunges.</p> <p>22 Put your toes under the couch and do 15 curl-ups.</p> <p>23 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>18 Do 25 back leg kicks for each leg.</p> <p>19 Do 50 Jumping Jacks with a family member or friend.</p> <p>20 Crossed reach up and over your body as far as you can. Repeat reaching the other side. Repeat 3 times per side.</p> <p>21 Do 50 windmills touching one foot, then the other.</p> <p>22 Rest Day</p> <p>23 Rest Day</p> <p>24 Rest Day</p> <p>25 Rest Day</p> <p>26 Rest Day</p> <p>27 Rest Day</p> <p>28 Rest Day</p> <p>29 Rest Day</p> <p>30 Rest Day</p>	<p>1 Keep your belly on the floor while you push up off the floor. Repeat 20 times.</p> <p>2 Rest Day</p> <p>3 Rest Day</p> <p>4 Rest Day</p> <p>5 Rest Day</p> <p>6 Rest Day</p> <p>7 Rest Day</p> <p>8 Rest Day</p> <p>9 Rest Day</p> <p>10 Rest Day</p> <p>11 Rest Day</p> <p>12 Rest Day</p> <p>13 Rest Day</p> <p>14 Rest Day</p> <p>15 Rest Day</p> <p>16 Rest Day</p> <p>17 Rest Day</p> <p>18 Rest Day</p> <p>19 Rest Day</p> <p>20 Rest Day</p> <p>21 Rest Day</p> <p>22 Rest Day</p> <p>23 Rest Day</p> <p>24 Rest Day</p> <p>25 Rest Day</p> <p>26 Rest Day</p> <p>27 Rest Day</p> <p>28 Rest Day</p> <p>29 Rest Day</p> <p>30 Rest Day</p>	

EXERCISE