






















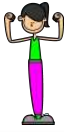


Physical Education Fitness Calendar

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

October 2018

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!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Check off (✓) when you finish each day</p>	<p>1 With your back flat against the wall, do the Wall Sit for 60 seconds.</p> 	<p>2 Do 100 jumping jacks.</p> 	<p>3 Hold a push-ups position while saying the months of the year 3 times.</p> 	<p>4 Skip around the house while you sing the school song.</p> 	<p>5 Rest Day</p>	<p>6 Challenge a family member or friend to a "Mountain Climber To 50" Race.</p> 
<p>7 Get some cans of food and do arm curls while a family member or friend counts to 100. Use both arms!</p> 	<p>8 Keep your legs straight while you bend relaxed at the waist. Breathe in and out slowly making your hands reach for the floor</p> 	<p>9 Do the butterfly stretch while saying out loud 10 words that begin with the letter "J".</p> 	<p>10 Reach up off the floor 15 times.</p> 	<p>11 Rest Day</p>	<p>12 Crab Walk from the kitchen to your bedroom (Even if it's up or down the stairs!)</p> 	<p>13 Balance on one foot while a family member or friend sings the ABC song 3 times.</p> 
<p>14 Pretend to hula hoop while saying the alphabet forwards then backwards. If you have a hula hoop, use it!</p> 	<p>15 Dance to one of your favorite songs.</p> 	<p>16 Do 60 seconds of arm circles.</p> 	<p>17 Rest Day</p>	<p>18 Do squats while watching 3 commercials on T.V.</p> 	<p>19 Grab one foot and stretch your thigh for 30 seconds. Repeat using the other leg. Then try it with your eyes closed.</p> 	<p>20 Hold a push-ups position while giving a high five to a family member or friend 25 times.</p> 
<p>21 Get some cans of food and do lunges while a family member or friend sings you THEIR favorite song.</p> 	<p>22 Spell your full name while you jump in the air for each letter.</p> 	<p>23 Rest Day</p>	<p>24 Hop on one foot all the way around your home. If you get tired, switch to the other foot.</p> 	<p>25 Reach and touch your toes while counting to 30. Go slow! Repeat 3 times.</p> 	<p>26 Do 50 side bends. While doing them sing your favorite song out loud.</p> 	<p>27 Challenge a family member or friend to a "jumping jack race to 50" contest.</p> 
<p>28 Stand in front of a mirror and flex or move every muscle you can think of.</p> 	<p>29 Rest Day</p>	<p>30 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>31 Pick One Of Your Favorite Days And Do it Again!!!</p>	<p>Student Name: _____ Parent Signature: _____</p> <p>Classroom Teacher: _____</p>		