

August 2017

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.



			1 Practice ball-handling skills with your feet	2 30 High Knees	3 Walk for 15 minutes	4 Jump with both feet 25x	5 Practice ball-handling skills with your hands
6 Walk around your block with an adult	7 Play Frisbee a friend	8 Jump Rope for 5 minutes without stopping	9 25 Half -Jacks	10 Hop on each leg 10x	11 30 Skier's jumps	12 Ride your bicycle ~wear your safety gear	
13 Take a family walk	14 15 Leg Lifts (each leg)	15 Dance to music for 15 minutes	16 Hula Hoop 50 times	17 Step up & down curb 30 times	18 10 chest presses with your dictionary	19 25 Calf-raises	
20 Run, jump, hop in sprinklers for 15 minutes	21 Bear Walk around your house	22 20 Ski Jumps	23 25 Crunches	24 Teach an adult the skill you learned in class	25 Run in Place 2 min.	26 March to music for 10 minutes	
27 Walk around your block with an adult	28 Play tag with at least 3 other people	29 Jump Rope for 5 minutes without stopping	30 10 Bicep Curls with soup cans	31 10 Squats			