RICHLAND ONE
Health and Physical Education

August Fitness Fun in Richland One



Name:	Teacher:

Purpose: *The purpose of this calendar is to encourage daily physical activity for students throughout the month. Use these activities when the students need a brain break or as whole family challenges.*

Directions: *Have your student complete 1 activity every day. After they complete an activity, record their results or provide a check mark to indicate completion. Can your student complete the whole calendar?*

✓ Done	Activity	Task
	1	Jump up and down 100 times.
	2	Lay on the floor on your stomach and raise your arms and legs for 30 seconds.
	3	Do side leg lifts while counting to 200 by 5's. Repeat on the other side.
	4	Go for a walk and find 5 things that are Purple.
	5	Do 25 star jumps, rest and repeat.
	6	Create a dance routine to your favorite song.
	7	Challenge a friend to a race. Who is the fastest?
	8	For 60 seconds, clear your mind & only focus on your breathing.
	9	Challenge a family member to a "Plank Contest".
	10	Set up some empty bottles or cans and try to knock them down using a sock ball.
	11	Can you make your body look like every letter in the alphabet?
	12	Find two small objects to toss and catch. Can you do it at the same time?
	13	Find a line on the ground and jump over it as quick as you can for 60 seconds.
	14	Do 30 star jumps, then do 10 push-ups. Repeat 3 times.
	15	Flip a coin and do 30 jumping jacks for Heads and a 30 second plank for Tails.
	16	How many skier jumps can you do in 1 min?
	17	Hop on one foot from room to room in your house.
	18	Jump as high as you can for 30 seconds. Repeat.
	19	While watching television, jump a pretend jump rope during 3 commercials.
	20	Pick a distance and challenge a family member to a speed walking race
	21	Find a step or curb and jump up and down it 35 times. Be careful.
	22	Pick a starting point and jump as far as you can. Repeat 5 times.
	23	Can you hold a plank for an entire TV commercial break?
	24	See how many times you can run around the outside of your house without stopping.
	25	Face each wall in a room and do jumping jacks for 30 seconds for each wall.
	26	How many sit-ups can you do in 1 minute?
	27	Slither like a snake to as many rooms in your house as you can.
	28	Perform Mountain climbers for 30 seconds. Repeat 3 times.
	29	Play catch with a family member for 10 minutes.
	30	Put on your favorite song and have a dance party.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Always perform the activities in a safe space.
- ✓ Return the calendar to your teacher at the end of the month.

