RICHLAND ONE
Health and Physical Education

September 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	How long can you hold a plank without falling?
	2	Go for a 15 minute walk.
	3	How many curl-ups can you complete?
	4	Complete 2 sets of 25 squats.
	5	How many push-ups can you do without losing form or falling?
	6	Complete any Dance Routine on www.gonoodle.com.
	7	Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	9	Place a pillow on the floor, jump over it 35 times.
	10	Run in place for 3 minutes without stopping.
	11	Crab Walk to every room in your house.
	12	Do push-up shoulder taps while reciting the ABC's and repeat.
	13	Do side jumps over an imaginary line for 1 minute
	14	Do 20 Star Jumps – repeat 2 times
	15	Perform a dance to your favorite song
	16	Complete 3 sets of 10 burpees
	17	How many Jumping Jacks can you perform in 1 minute?
	18	Perform a side plank for 30 seconds on each arm
	19	Bear crawl to every room in your house
	20	Wall sit for 30 seconds. Repeat
	21	Do 3 sets or 10 arm curls while holding a can of vegetables
	22	Strike a ball of socks in the air 10 times consecutively using with each hand
	23	Jump an imaginary rope for 1 minute. How many times can you jump it?
	24	Go for a walk and find 3 things that are yellow.
	25	As fast as you can complete 20 arm circles front and back, 20 punches. Repeat.
	26	Perform "The Floss" for an entire song.
	27	Do "Mountain Climbers" for 30 seconds. Repeat 3 times.
	28	Challenge a family member to a "Jumping Jack Race" to 60.
	29	Hop on one foot all the way around your home. Switch feet if you get tired.
	30	Challenge a family member to a dance contest.

Please Remember

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

