RICHLAND ONE
Health and Physical Education

January 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	Have a Dance party with your family celebrating the new year!
	2	Choose your favorite Yoga pose and see how long you can hold it.
	3	Complete 100 toe raises
	4	Perform 500 jumping jacks while skip counting by 10s.
	5	See how long you can balance a book on your head.
	6	Who can do the most push-ups in your house without losing form?
	7	How fast can you skip around the house?
	8	Grabs 2 canned food items and do 30 arm curls.
	9	Do push-up shoulder taps while reciting the ABC's.
	10	Name as many "Healthy Habits" as you can while doing a plank.
	11	Sing your favorite song while jogging in place.
	12	Go for a walk and find 5 things that are green.
	13	Do 30 mountain climbers.
	14	How many balances can you do using 4 different parts of your body as a base?
	15	Perform squats while attempting to name the 7 continents.
	16	Perform 2 sets of 20 burpees.
	17	How long can you hold a side plank?
	18	Do 3 push-ups for every door in your house.
	19	Using your feet, dribble a sock ball to every room in your house.
	20	Have a paper airplane contest to see who can throw theirs the furthest.
	21	Perform side lunges to your favorite song.
	22	Have a competition with a family member to see who can do the most curl-ups.
	23	Lie down and push your chest off the ground for 20 seconds. Repeat 5 times.
	24	Recite your favorite poem while doing wall sits.
	25	Walk on your tippy toes to every room in your house.
	26	How fast can you skip around your house?
	27	How many jumping jacks can you do in 1 minute?
	28	Hold the push-up position and recite the months of the year 3 times.
	29	How many times can you toss and catch an object in 1 minute?
	30	Make your body look like every letter in the alphabet.
	31	How many ski jumps can you perform over a line in one minute?

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.

