RICHLAND ONE
Health and Physical Education

June 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	Go for a walk and see if you can find 5 yellow items.
	2	Jog around your home 3 times.
	3	See how many times you can jump over an imaginary line in 2 minutes.
	4	Safely toss and catch a pillow 50 times without dropping it.
	5	Challenge a family member to a Burpee contest, who can do the most?
	6	Bear crawl to every room in your house.
	7	Wall sit for 1 minute.
	8	Do 3 sets of 15 arm curls while holding a can of vegetables
	9	Strike a ball of socks in the air 15 times consecutively using each hand.
	10	Hop on one foot all the way around your home. Switch feet if you get tired.
	11	Have a Dance Party to celebrate the last day of SCHOOL!!
	12	Do 60 seconds of arm circles backwards and then forwards.
	13	Pretend to Hula Hoop while counting to 300 by 5's.
	14	Do the butterfly stretch while saying 10 words that start with the letter "Q"
	15	Place a pillow on the floor, jump over it 50 times.
	16	Challenge a family member to a race of Mountain Climbers. Who can do 50 first?
	17	Skip around the house while singing your favorite song.
	18	Can you balance on 1 foot longer than your family members?
	19	Do 30 Star Jumps – repeat 3 times.
	20	Do 10 wall push-ups for each letter of your first name.
	21	Name as many States as you can while doing Jumping Jacks.
	22	Perform Jump Squats while watching a commercial on TV.
	23	Flap your arms like a bird for 1 minute.
	24	How many ski jumps can you perform over a line in one minute?
	25	Have a family plank contest. Who can hold it the longest?
	26	Hold on to a chair and stand on your tippy toes for 1 minute.
	27	Do 100 Windmills counting by 2s.
	28	How many sit-ups can you perform without losing form?
	29	How many push-ups can you perform without losing form?
	30	Jog in place for 3 minutes while listening to your favorite song.

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.

