RICHLAND ONE
Health and Physical Education

July 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	Hold the push-up position while reciting your favorite song.
	2	Wall sit for 30 seconds, repeat 3 times.
	3	Do arm circles forward for 30 seconds and backwards for 30 seconds.
	4	Create your favorite patriotic dance.
	5	Stand in front of a mirror and see how many muscles you can flex and move.
	6	See how long you can balance on one foot with your eyes closed.
	7	Challenge a family member to a "Jumping Jack Race" to 50.
	8	While doing the butterfly stretch, state 10 words that start with the letter "J".
	9	Perform as may squats as you can.
	10	Jog around the outside of your house 3 times.
	11	Walk like a crab for 1 minute around your house.
	12	Balance a book on your head for 30 seconds.
	13	Do 3 sets of 15 arm curls while holding a can of vegetables
	14	Create your own obstacle course and time yourself doing it.
	15	Do Push-Up shoulder taps while reciting the "ABC's"
	16	Pick up a ball off of the floor without using your hands.
	17	Lay on your back and peddle your legs for 45 seconds like you are on a bike.
	18	Choose a song and create your own dance routine for the song.
	19	Hold the plank position for 60 seconds.
	20	Pick 5 different muscles to stretch and hold each 20 seconds.
	21	Perform squats for an entire commercial on television.
	22	Do Side Bends while reciting the months of the year. Repeat three times.
	23	Face each wall in your room and do an exercise for 30 seconds.
	24	Complete 100 toe raises
	25	Perform 30 mountain climbers.
	26	Lie down and push your chest off the ground for 20 seconds. Repeat 5 times.
	27	Perform as many curl-ups as possible.
	28	Jog in place for 3 minutes while listening to your favorite song.
	29	Place a pillow on the floor, jump over it 45 times.
	30	Jump an imaginary rope while skip counting to 100 by 2's.
	31	Throw a ball or sock ball with a family member for 10 minutes.

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.

