



April Fitness Fun in Richland One



Name:	Teacher:
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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 SPRING!!
	2	Do 50 Windmills touching one foot and then the other.
	3	Balance on each foot for 20 seconds. Repeat 3 times.
	4	Hold a plank position while counting to 200 by 5's.
	5	Perform squats while watching 2 commercials.
	6	Do jumping jacks while counting to 100 by 2's.
	7	Jog in place for 3 minutes without stopping.
	8	Keep your belly on the floor while you push up. Repeat 25 times.
	9	Name as many "Healthy Habits" as you can while doing a wall sit.
	10	Perform forward lunges to your favorite song.
	11	Have a family contest to see who can do the most jumping jacks in 1 minute.
	12	Crab Walk to every room in the house.
	13	Go for a walk and see how many things you can find that start with an "S".
	14	Safely toss a sock ball 100 times without dropping it.
	15	Using canned vegetables, perform arm curls while counting to 100.
	16	Perform 3 sets of 15 Burpees.
	17	Do 10 wall push-ups for each letter of your First name.
	18	Hold a side plank while you recite all of the States you can think of.
	19	Flap your arms like a bird for 1 minute.
	20	How fast can you skip around your house?
	21	How many ski jumps can you perform over a line in one minute?
	22	Have a family plank contest. Who can hold it the longest?
	23	Wall sit for 30 seconds. Repeat 3 times.
	24	Do 50 side bends while singing your favorite song out loud.
	25	Walk on your Tippy Toes to every room in your house.
	26	Find an object to self-toss. How many times can you clap while it is in the air?
	27	Put a pillow on the floor and jump side to side over it 50 times.
	28	Do 60 seconds of arm circles backwards and then forwards.
	29	Perform 15 Wall Push Ups. Repeat 3 times.
	30	Perform the "Cupid Shuffle" with your family and friends.

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.

