



December 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	Do 10 wall push-ups for each letter of your last name.
	2	Name as many States as you can while doing Jumping Jacks.
	3	Perform Jump Squats while naming the planets 3 times.
	4	Flap your arms like a bird for 1 minute.
	5	Stand like a Flamingo for 1 minute on each leg.
	6	How many curl ups can you do without losing form?
	7	Perform 200 Jumping Jacks while skip counting by 2s.
	8	Select 5 different muscles to stretch and hold each for 20 seconds
	9	Take a walk and find 5 things that start with the letter "C".
	10	Perform a wall sit for 1 minute.
	11	Create a new dance to your favorite song.
	12	How many push-ups can you perform without losing form?
	13	Hold a plank while you recite all of the cities you can think of.
	14	How many different ways can you find to balance?
	15	How many times can you jump over a line or imaginary line in 2 minutes?
	16	How many times can you jump an imaginary rope in 2 minutes?
	17	Perform the Cha Cha Slide with your family.
	18	Complete 3 sets of 15 Burpees.
	19	Strike a ball of socks in the air 25 times using each hand.
	20	Challenge a family member to a plank contest. Who can hold it the longest?
	21	Do a side plank on each side for 1 minute.
	22	Have a competition with a family member to see who can wall sit the longest?
	23	How many times can you jump up and down in a minute?
	24	Have a Dance Party with your favorite song.
	25	Put a pillow on the floor and jump over it 40 times.
	26	Hold the push-up position and recite the days of the week 5 times.
	27	Take a walk and find 5 things that start with the letter "L".
	28	Have a push-up competition with your family to see who can do the most.
	29	Perform 15 arm curls while holding a can of vegetables. Repeat 3 times.
	30	Jog for 30 seconds in every room of your home.
	31	How fast can you gallop around your house?

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.

