



# February 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	Face each wall in your room and do an exercise for 30 seconds.
	2	Crab walk to each room in your house.
	3	Go on a walk and find 5 things starting with an "S".
	4	Perform squats for an entire commercial on television.
	5	Perform 3 sets of 12 Burpees.
	6	Complete a 1 minute "Wall Sit".
	7	Perform 10 Jumping jacks for every point scored in the Super Bowl.
	8	Using both hands, hold a book high over your head for 60 seconds.
	9	Reach and touch your toes while counting to 30. Repeat 3 times.
	10	Create a dance to your favorite song.
	11	Using canned vegetables, perform arm curls while counting to 100.
	12	Challenge a family member and see who can balance on one foot the longest.
	13	Hold the push-up position for 2 commercials.
	14	Do Side Bends while reciting the ABC's. Repeat twice.
	15	Do the butterfly stretch while stating 10 words that begin with the letter "J".
	16	Pick 5 different stretches to perform and hold each one for 20 seconds.
	17	Safely toss and catch a pillow 75 times without dropping it.
	18	Perform a Plank for 1 minute.
	19	Challenge a friend or family member to a Jumping Jack contest.
	20	Skip to every room in your house while singing your favorite song.
	21	Jump an imaginary rope while skip counting to 100 by 2's.
	22	How many push-ups can you perform without losing form?
	23	How many line jumps can you perform in 1 minute?
	24	Jog in place for 3 minutes without stopping.
	25	While balancing a book on your head, march to every room in your house.
	26	Perform your favorite "Line Dance".
	27	How many curl-ups can you perform without losing form?
	28	See how many different ways you can find to balance.

**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.

