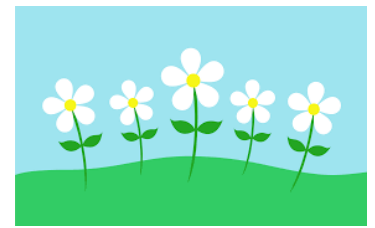




May Fitness Fun in Richland One



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	Play catch with a family member for 10 minutes.
	2	Hold a squat for 30 seconds. Repeat 3 times.
	3	Crawl like a seal from one room in your house to another.
	4	Go for a walk with a friend or family member and play I Spy.
	5	Hold a 10 minute Dance Party.
	6	Jump an imaginary rope for 1 minute.
	7	Balance a book on your head for 1 minute.
	8	Walk on your Tippy Toes to every room in your house.
	9	Wall Sit for 1 minute.
	10	Do 10 squats in 30 seconds. Repeat 3 times.
	11	How many sit-ups can you do in 1 minute?
	12	Crab walk to every room in your house.
	13	Skip backwards for 30 seconds.
	14	Choose your favorite song and create a dance to it. Perform it for your family.
	15	Lay on the floor on your stomach and raise your arms and legs for 30 seconds.
	16	Balance on one leg for 30 seconds without falling. Switch legs and repeat.
	17	Hold a side plank for 1 minute.
	18	Perform Mountain climbers for 30 seconds. Repeat 3 times.
	19	Do 30 burpees. Repeat twice.
	20	Bear crawl to every room in your house.
	21	Do front lunges while singing your favorite song.
	22	Do side leg lifts while counting to 200 by 5's. Repeat on the other side.
	23	Perform air punches for 1 minute.
	24	Make up your own dance and teach it to a friend or family member.
	25	Jog in place for 1 minute.
	26	Challenge a friend or family member to a race. Who is the fastest?
	27	Do 20 Wall Push-ups for each letter of your last name.
	28	How many push-ups can you perform without losing form?
	29	Do 10 jumping jacks for each member of your family.
	30	Hold a forearm plank for 1 minute.

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.

