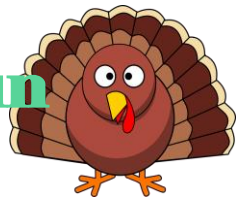




# November Fitness Fun in Richland One



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 race with a family member, who is the fastest?
	2	Do 20 wall push-ups. Repeat 2 times.
	3	Go for a walk and see if you can find 3 orange items.
	4	Jog around your home 3 times.
	5	See how many times you can jump over an imaginary line in 2 minutes.
	6	Safely toss and catch a pillow 50 times without dropping it.
	7	Challenge a family member Jumping Jack contest, who can do the most?
	8	How fast can you crab walk to all of the rooms in your house?
	9	Perform 3 sets of 20 arm curls while holding cans of vegetables.
	10	Have a 3 minute dance party to your favorite song.
	11	Hold the push up position while reciting the months of the year 3 times.
	12	Jump an imaginary rope while skip counting to 500 by 10s.
	13	Make up your own dance to your favorite song.
	14	Challenge a family member to a plank contest. Who can hold it the longest?
	15	Show your family something you learned in PE.
	16	Toss a ball or a sock ball and see how many times you can clap before it falls.
	17	Jog in place for 3 commercials on TV.
	18	How many times can you jump up and down in 1 minute?
	19	Have a family dance contest, who has the best moves?
	20	Who can do the most push-ups in your family?
	21	Do a side plank on BOTH sides for 2 minutes.
	22	Do as many Shoulder Touch Push-ups as you can in 2 minutes.
	23	Stretch for 10 minutes.
	24	Choose 3 balances or yoga poses and hold each for at least 30 seconds.
	25	March in place or around the house while singing your favorite song.
	26	While in the push-up position, come up with 5 words that start with the letter Q.
	27	Jog for 30 seconds in each room of your house.
	28	Perform a different activity for 30 seconds facing each wall in the room
	29	Do 3 sets of 10 Burpees.
	30	How many push-ups can you do without quitting or falling?

**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.

