



October 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	Can you balance on 1 foot longer than your family members?
	2	Have a family plank contest. Who can hold it the longest?
	3	See how far you can jump in 5 tries.
	4	How many steps does it take to walk around your house?
	5	Jog in place for 30 seconds in every room of your house.
	6	Complete 10 wall push-ups. Repeat 3 times.
	7	Do jumping jacks for 3 different commercials.
	8	How fast can you skip from room to room?
	9	Wall sit for 30 seconds. Repeat 3 times.
	10	Throw a ball or sock ball with a family member for 10 minutes.
	11	Can you walk from room to room while balancing a book on your head?
	12	Jump an imaginary rope 40 seconds and rest for 20 seconds (3 times)
	13	How many side jumps over an imaginary line can you do in 2 minutes?
	14	Go on a walk and find 3 red objects.
	15	Have a 2 minute Dance Party to your favorite song.
	16	Create a Football End Zone Dance
	17	Do 60 seconds of arm circles backwards and then forwards.
	18	Pretend to Hula Hoop while saying the alphabet forwards and then backwards.
	19	Do the butterfly stretch while saying 10 words that start with the letter "J"
	20	Hold the push up position while reciting the 7 continents 3 times.
	21	How long does it take you to do 100 Jumping Jacks?
	22	Do 50 side bends while singing your favorite song out loud.
	23	Do a wall sit for 60 seconds
	24	Do squats for 3 straight commercials on TV.
	25	Hold on to a chair and stand on your tippy toes for 1 minute.
	26	Do 100 Windmills counting by 2s.
	27	Jump in place while skip counting to 200 by 5s.
	28	How many different body parts can you balance on for at least 3 seconds?
	29	Jump like a frog to every room in your home.
	30	Make your body like every letter in the alphabet.
	31	Create a dance to your favorite song.

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.

