Eisenhower School

Parent signature: Fitness Calendar

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| --- | --- | --- | --- | --- | --- | --- |
| January 2017 | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **1**  Find a starting spot  outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? | **2**  Write out the alphabet on a sheet of paper. Using this as your guide, create the letters with your body. | 3  Practice your ball  rolling skills, either by  rolling a ball into a box set on its side, or by rolling a ball to knock over obstacles set up at different distances. | 4  Make paper airplanes  and create targets using  towels. Try to make your  airplanes land near the  towels. | |  | | --- | | 5  Go for a walk with a grandparent or adult relative who takes care of you. | | 6  Turn on some relaxing, quiet music as you stretch your body in many different ways. Between each stretch, try to relax and breathe. | 7  Crunch up pieces of  recycled newspaper into  balls. Practice throwing  the balls into a box. Throw from different distances and angles. |
| **8**  Using the paper balls  from yesterday practice  self‐tossing and  catching. Can you clap  between catches? | **9**  Pathway locomotion  challenge! Choose a start and finish. Choose a way to move (walk, run, skip, robot etc.). Choose a pathway – either straight, curvy or zigzag. | |  | | --- | | 10  Flexible Alphabet  Can you make your body look like every letter in the alphabet? | | |  | | --- | | 11  Practice your catching skills by catching a ball thrown to you by someone else. Can you catch it 100 times in a row? | | 12  Get outside and go  for a walk. As you walk  breathe in through your  nose and blow out  through your mouth. | |  | | --- | | 13  Ride a bike for at least 30 minutes. Don’t have a bike? Go for a walk/jog!  Or do bicycle crunches. | | 14  Practice your  hopping skills. Hop  once on each foot, hop  twice on each foot, and  then hop three times  on each foot. Keep on  hopping and counting! |
| **15**  Turn on some music and take turns making up a movement. Play *copycat boogie*, by following what each other does. | |  | | --- | | **16**  Make a hopscotch court and play with your family. | | 17  Walk like your favorite animals through your home. When you get to a new space change to a new animal. | 18  Jump rope for 100 consecutive jumps. Do this 10 times to strengthen your heart and lungs.  \*If you don’t have a jump rope, pretend! | 19  Use your creativity  to make up a new game  that uses something  from your kitchen. Give  your game a funny  name and play it with a friend or family member. | 20  Cut out some  snowflakes from paper.  Use the cut‐outs to  create a pathway  through your home.  Move through your  home by only stepping  on the snowflakes. | 21  Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body! |
| **22**  Can you try to  move for two minutes  without stopping?  What happens to your  heart when you do  this? | **23**  Time to practice  your jumping skills!  Practice jumping far  and high. Bend your  knees, reach for the  sky, and land softly. | 24  Play your favorite tag game at recess today. If you don’t have recess, play it after school with some friends. | 25  Sit with your family  and take turns laughing. Try to make your laugh extra special. | 26  Practice throwing  soft objects into a  laundry basket. Move  the basket close to you  and then far away. | 27  Work on your kicking skills. Kick a pair of rolled up socks from space to space. | 28  Walk, jog, run: Start  out by walking one lap  around your home.  Now jog one lap and  then finally run one lap.  Which one was harder? |
| **29**  Balance fun. Try  putting four parts of your  body on the ground and  balancing. How about four other parts? Now try balancing on three parts or even five parts! | **30**  Practice “Plank” position. Hold the push-up position on your forearms for as long as you can with good form. Rest for a minute and repeat three times. |  |  |  |  |  |

The CDC advises that children get 60 minutes or more of physical activity every day. This calendar provides simple and extremely fun exercises for

students to do on a daily basis to encourage them to be more active. If your child completes the activities, please sign the calendar.

\*Other activities may be substituted. Please return the signed calendar by

February 3rd, 2017. All students who return signed calendars will receive a prize from the PE Prize box.

Healthy Holidays to all!

Mr. Boyd

Eisenhower School

Physical Education