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 Parent signature: Fitness Calendar

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| January 2017 |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **1** Find a starting spotoutside/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 ballrolling skills, either byrolling 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 airplanesand create targets usingtowels. Try to make yourairplanes land near thetowels. |

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| 5 Go for a walk with a grandparent or adult relative who takes care of you.  |

 | 6Turn 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 ofrecycled newspaper intoballs. Practice throwingthe balls into a box. Throw from different distances and angles. |
| **8** Using the paper ballsfrom yesterday practiceself‐tossing andcatching. Can you clapbetween catches? | **9** Pathway locomotionchallenge! Choose a start and finish. Choose a way to move (walk, run, skip, robot etc.). Choose a pathway – either straight, curvy or zigzag. |

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| 10 Flexible Alphabet Can you make your body look like every letter in the alphabet?  |

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| 11Practice your catching skills by catching a ball thrown to you by someone else. Can you catch it 100 times in a row?  |

 | 12Get outside and gofor a walk. As you walkbreathe in through yournose and blow outthrough your mouth. |

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| 13Ride a bike for at least 30 minutes. Don’t have a bike? Go for a walk/jog! Or do bicycle crunches.  |

 | 14Practice yourhopping skills. Hoponce on each foot, hoptwice on each foot, andthen hop three timeson each foot. Keep onhopping and counting! |
| **15**Turn on some music and take turns making up a movement. Play *copycat boogie*, by following what each other does. |

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| **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. | 18Jump 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 creativityto make up a new gamethat uses somethingfrom your kitchen. Giveyour game a funnyname and play it with a friend or family member. | 20 Cut out somesnowflakes from paper.Use the cut‐outs tocreate a pathwaythrough your home.Move through yourhome by only steppingon 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 tomove for two minuteswithout stopping?What happens to yourheart when you dothis? | **23** Time to practiceyour jumping skills!Practice jumping farand high. Bend yourknees, reach for thesky, and land softly. | 24Play your favorite tag game at recess today. If you don’t have recess, play it after school with some friends. | 25 Sit with your familyand take turns laughing. Try to make your laugh extra special. | 26 Practice throwingsoft objects into alaundry basket. Movethe basket close to youand then far away. | 27 Work on your kicking skills. Kick a pair of rolled up socks from space to space. | 28 Walk, jog, run: Startout by walking one laparound your home.Now jog one lap andthen finally run one lap.Which one was harder? |
| **29** Balance fun. Tryputting four parts of yourbody on the ground andbalancing. 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