

Physical Activity Calendar

Assignment
Do 14 of the following activities
(4 pts each)

Have **parent sign**
activity square
when completed.

Due: **March 1** If turned in after the due date, 25%
will be taken off. PACs will no longer be accepted
1 week after due date.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>PAC Due March 1st</i>				<i>1 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</i>	<i>2 Jump! ♥ 10 vertical jumps 10 broad jumps 10 side-to-side jumps</i>
<i>3 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and com- plete 10 boxing punches.♥</i>	<i>4 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity.</i>	<i>5 Jump Rope ♥ Jump rope for 100 consecu- tive jumps.</i>	<i>6 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</i>	<i>7 Leg Day ♥ 10 forward lunges (each leg) 10 squats 10 calf raises 1 minute wall sit Stretch</i>	<i>8 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</i>	<i>9 Run in place for one minute then com- plete 10 pushups. Try and repeat 10 times throughout the day. ♥</i>
<i>10 Low Reverse Lunge Complete 10 reverse lunges keeping your body in a low posi- tion.</i>	<i>11 10 jumping jacks 10 tuck jumps 10 high knees 10 scissor jumps ♥</i>	<i>12 Rise and Squat! When you get out of bed complete 10 squats. Wait 10 sec- onds and do 10 more.</i>	<i>13 Side Lunges 10 side lunges left 10 side lunges right Repeat 5 times</i>	<i>14 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</i>	<i>15 Wall Sit Find an empty space on the wall and pre- tend to be sitting in a chair. Hold for 30 seconds. Repeat.</i>	<i>16 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</i>
<i>17 10 Power Skips ♥ Skip normally really swinging your arms and bringing your knee up high</i>	<i>18 4 for 10 ♥ 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</i>	<i>19 High Skips ♥ Do five sets of 10 high skips. Really lift those arms and knees</i>	<i>20 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</i>	<i>21 10 Star Jumps ♥ Feet shoulder width apart, bend your knees, jump separat- ing your arms & legs to make a star.</i>	<i>22 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</i>	<i>23 10 High Knee Twists ♥ Bring your knee to your opposite elbow, hop, and switch.</i>
<i>24 Boxer Shuffle 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat ♥</i>	<i>25 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</i>	<i>26 Shuffle Squat ♥ Take 4 shuffle steps to your right and do 10 squats, then take 4 shuffle steps to your left and do 10 squats</i>	<i>27 Jump, Jump ♥ Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back.</i>	<i>28 Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe with- out falling repeat 10 times then switch</i>		