

Physical Activity Calendar

Assignment

Do 14 of the following activities (4 pts each)

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

Due: **Feb. 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
	<p>1 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>2 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.</p>	<p>3 Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times</p>	<p>4 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>5 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</p>	<p>6 Commercial Planks Can you plank during an entire commercial break?</p>
<p>7 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>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:</p>	<p>9 Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>10 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left.</p>	<p>11 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>12 Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>13 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance</p>
<p>14 Tabata Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>15 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p>	<p>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:</p>	<p>17 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>18 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>19 Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on <i>your</i></p>	<p>20 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>
<p>21 Hold for 10 seconds: Right Side Plank Left side plank Superman Repeat 10 times</p>	<p>22 Hallway Sprint Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch.</p>	<p>23 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>	<p>24 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</p>	<p>25 Jumping Jacks Complete 100 Jumping Jacks</p>	<p>26 10 Butt Kicks 10 high knees Stretch Repeat 4 times</p>	<p>27 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.</p>
<p>28 Leg Day! 10 squats 10 walking lunges 10 high knees</p>	<p>29 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:</p>	<p>30 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. Complete 10 ea</p>	<p>31 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>FEB. 1st PAC Due</p>		