

Physical Activity Calendar

Assignment

Do 14 of the following activities (4 pts each)

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

Due: **April 9**. 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>Due Monday <i>April 9th</i></p> <p>4 Lunges 5 walking lunges 5 jumping split squats 5 jump squats Repeat 3 times</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>12 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>6 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>7 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>14 Half Burpees Start in push-up position; jump both feet forward into squatting position, jump back out into pushup /0xs</p>	<p>1 2 Kicks, Tap Kick one leg forward twice then bend down and tap your toe. Switch to the other side. Repeat 10 times.</p> <p>8 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's. Repeat 3x</p>	<p>2 Superman Walk your hands down to your feet and out until you're flat on your stomach, complete a superman, hold. x/0</p> <p>9 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps Repeat 3 times</p>	<p>3 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>10 Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight. Do this for 1 min. x2</p>
<p>18 Kick City 10 side kicks 10 front kicks 10 back kicks switch legs & repeat</p>	<p>19 Complete 10 of the following: High Squat Jumps High Knees Walk backwards</p>	<p>20 Superman's on all 4's Extend your left arm and right leg simultaneously, switch, and repeat for 10 reps.</p>	<p>21 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>22 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>23 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>24 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>
<p>25 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch.</p>	<p>26 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>27 Fitness Intervals 10 squats, 10 broad jumps, 10 second sprints, 10 pushups, 10 sit-ups</p>	<p>28 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>	<p>29 Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. 20xs</p>	<p>30 Take a 10 minute walk around the neighborhood with a family member or a friend</p>	