

Physical Activity Calendar

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

Have parent sign
activity square
when completed.

Due: May 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 Kick City 10 side kicks 10 front kicks 10 back kicks. Be sure to do 10 on each side! Repeat.</p>	<p>2 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat</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>4 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>5 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.. Do that 50 times.</p>	<p>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:</p>	<p>7 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>
<p>8 I Spy Walk Go for a walk with your family while playing a game of I, Spy.</p>	<p>9 Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball</p>	<p>10 A Quarter's Worth Complete 25 of the following: Skip, Jump, Lift Knees, Walk backwards</p>	<p>11 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 Toe Fencing with a partner, hold each other's shoulders. Try to tap the other person's toe w/o having yours tapped</p>	<p>13 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>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:</p>
<p>15 Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.</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 Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 25 take a break and do 25 more. 7</p>	<p>18 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat</p>	<p>19 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>20 Cardio/Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>21 Half Burpees Start in push-up position; jump both feet forward into squatting position, jump back</p>
<p>22 Complete 10 of the following: High Skip Squat Jumps High Knees Walk backwards</p>	<p>23 Get out and play! Hide-and-peek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</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 Side to Side Jumps Jump side to side over an imaginary line. Do as many as you can for 1 minute, repeat.</p>	<p>26 Superman's on all 4's Extend your left arm and right leg simultaneously, switch, repeat 10 reps.</p>	<p>27 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>28 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>
<p>29 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them, balancing.</p>	<p>30 Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>Due Tuesday May 1st</p>				