

Physical Activity Calendar

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

Have parent sign
activity square
when completed.

Due: June 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
		1 Sprint forward 10 steps, Side Shuffle Left 10 steps, Back Peddle 10 steps, Side Shuffle Right 10 steps	2 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch	3 10 pushups, 10 body-weight squats, 10 jumping jacks, 10 high knees	4 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:	5 4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold
6 10 butt kicks 10 lunges 10 high knees Stretch for 10 seconds Repeat 5 times	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:	8 Line Jumps Put a piece of tape on the ground, jump back and forth side-to side as quick as you can for 30 sec. Repeat	9 Boxer Shuffle 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat	10 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:	11 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	12 Complete 10 squats, 10 wall push-ups and 10 jumping jacks. Repeat 3 times.
13 10 Toe Touch Kicks Lift your left leg forward and touch your toe then repeat on your right leg. Complete 10 on each side.	14 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	15 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:	16 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	17 Walking Lunges w/ weights Don't have weights? Try holding a textbook to your chest or another heavy object.	18 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:	19 Tabata Burpees 20 seconds of work 10 seconds of rest 8 rounds
20 Kick City 10 side kicks 10 front kicks 10 back kicks	21 Up and Squat Challenge Any time you get up from your seat today, complete 5-10 squats before moving	22 A Quarter's Worth Complete 25 of the following: Skip, Jump, Lift Knees, Walk backwards	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:	24 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's	25 Half Burpees Start in push-up position; jump both feet forward into squatting position, jump back	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:
27 Distance Run Test yourself. Can you run 10 minutes without stopping? Pick a comfortable pace and challenge yourself!	28 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:	29 Scissor Jacks As you jump, scissor legs each time. When right leg in front, raise left arm. Left, raise right arm. 4 sets of 10	30 Go Outside Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.	31 10 Squat Kicks Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg	<i>PAC due June 1st</i>	