

Physical Activity Calendar

(Grades 3 & 4)

Assignment

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

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

Due: **Dec. 3rd** 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 Walking Practice walking at different paces, running, skipping, leaping and sliding in different directions	2 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 x ea	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:
4 Walking High Knees Walk forward and on each step pull knee up to chest , do a calf raise with knee up. 10 x ea	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:	6 10 frog jumps, 10 sit-ups, 10 push-ups, 10 second superman hold. Repeat	7 Hold for 10 seconds Right Side Plank Left side plank Superman Rest Repeat 10 times	8 Leg Day 20 squats 20 walking lunges 20 high knees	9 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	10 Jumping Jacks Try and complete 10 sets of 10 jacks today.
11 10 tricep dips 15 second seated straddle stretch 20 crunches 25 jump rope reps	12 Run upstairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	13 10 Min Your Choice Activity: If you play sports, this is a great place to document that physical activity. Tell me what you did:	14 Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups	15 Hallway Sprint Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch Got more energy? Do it again!	16 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.	17 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day
18 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat	19 Balance Stand on right leg, lift your left knee at a 90-degree angle. Touch toes without falling. 10 x ea	20 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	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:	22 10 Switch Lunges Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.	23 High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	24 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.
25 Leg Day 20 squats 20 walking lunges 20 high knees	26 Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.	27 10 Butt Kicks 10 high knees Stretch Repeat 10 times	28 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps	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:	30 Jump rope as fast as you can for one minute, then rest for 1 minute.	P.A.C.s Due Mon. Dec. 3rd