



# HPCSD Fitness Calendar



North Park Physical Education

<http://www.hydeparkschools.org/NPE/pe.html>

## December 2011

<http://classrooms.hydeparkschools.org/webpages/MRobelee/>

### Directions:

1. Complete 3 activities per week and return the calendar to school to become a “Fitness Fanatic”!

OR

2. Complete the blank side of the calendar with your own activities.

Parents: Please initial each completed activity. Parents and families are invited to participate as well!



| Sunday                       | Monday                                     | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday                            |
|------------------------------|--|---|--|---|---|-------------------------------------|
|                              |  |   |  | 1<br>Crab kick 10 times<br>each leg                         | 2<br>Dance to music                               | 3<br>Take a family<br>walk          |
| 4<br>Eat a healthy<br>dinner | 5<br>Reach to the sky<br>100 times         | 6<br>Jump forward and<br>back 50 times                        | 7<br>Run in place<br>2 minutes                         | 8<br>Count your fruit<br>and vegetable<br>servings today    | 9<br>25 Pogo Jumps                                | 10<br>Play outside with<br>friends. |
| 11<br>Take a family<br>walk  | 12<br>Step – Kick<br>25 times each leg     | 13<br>15 push-ups   | 14<br>Create your own<br>game and play<br>with friends | 15<br>10 Lunges   | 16<br>Stretch your arms                           | 17<br>Eat 2 fruits today            |
| 18<br>Play outside           | 19<br>Bounce a ball<br>50 times            | 20<br>Jump Rope - 100<br>times<br>(pretend without<br>a rope) | 21<br>Yoga – Mountain<br>Pose                          | 22<br>Try a new<br>vegetable                                | 23<br>Move like a<br>dinosaur around<br>your room | 24<br>Play with friends             |
| 25<br>Take a walk            | 26<br>Wall sit for 30<br>seconds – 2 times | 27<br>Exerciser’s choice                                      | 28<br>Help your parents<br>with house chores           | 29<br>20 Wall Push-ups<br>(lean on a wall<br>and push back) | 30<br>Play your favorite<br>active game           | 31<br>Eat a yellow<br>vegetable     |

Student Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_



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"Create Your Own Fitness Calendar" on this side!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           | 1        | 2      | 3        |
| 4      | 5      | 6       | 7         | 8        | 9      | 10       |
| 11     | 12     | 13      | 14        | 15       | 16     | 17       |
| 18     | 19     | 20      | 21        | 22       | 23     | 24       |
| 25     | 26     | 27      | 28        | 29       | 30     | 31       |

Student Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_