



HPCSD Fitness Calendar



North Park Physical Education

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

September 2011

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	2	3 25 Jumping Jacks
4 10 Push-ups	5 25 Curl-ups	6 Jump Rope 75 times	7 50 Arm Circles	8 Play with friends	9 Hop on each foot 20 times	10 Catch a ball 50 times
11 Take a family walk	12 Stretch your legs	13 Run in place 2 minutes	14 35 Half Jacks	15 Butterfly Stretch	16 Choose a Yoga pose	17 Play tag with friends
18 Ride your bicycle Remember to wear your helmet.	19 25 Blast-offs	20 Dance to music	21 Exerciser's choice	22 Crab -walk around your room	23 25 Step-ups	24 Play outside
25 Take a walk	26 25 toe touches	27 15 Lunges	28 25 Body Folds	29 Bicep Curl 25 times each arm	30 30 Skier's Jumps	

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	

Student Name: _____ Parent Signature: _____