





HPCSD Elementary Physical Education Department



Fitness Calendar -April, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please turn in your March Fitness Calendar.	1 Take a family walk	2 25 Step-ups	3 Ride your bicycle	4 Play with friends	5 Jog for 3 minutes
6 Play outside	7 Play push-up tag	8 Catch a ball 50 times	9 50 Jumping Jacks	10 25 Toe Raises	11 Kick a ball 20 times	12 Ride your bicycle
13 Dance to music 5 minutes	14 15 Windmill toe touches	15 Hop on one foot 25 times	16 Complete a "V-sit" balance 10 seconds	17 25 shoulder shrugs	18 15 leg lifts with each leg	19 Play your favorite outside game
20 Take a family walk	21 25 crab kicks	22 20 blast-offs	23 Pick a muscle to stretch	24 35 Arm circles	25 10 Lunges	26 20 Trunk Twists
27 25 crunches	28 Take a 5 minute jog	29 Pick your favorite sport and practice!	30 Butterfly stretch 30 seconds		Parents: Please initial each completed activity	

North Park Elementary Physical Education

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

northparkpe@yahoo.com

Student Name	Parent Signature



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Fitness Calendar -April, 2008

Create Your Own Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please turn in your March Fitness Calendar.	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		Parents: Please initial each completed activity	

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