





HPCSD Elementary Physical Education Department



Fitness Calendar -March, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Parents: please initial each completed activity	Please turn in your February Fitness Calendars at the beginning of the month.				1 30 Windmill Toe Touches
2 Take a family Walk	3 25 Blast-offs	4 Crab walk around your room 2 times	5 25 Jumping Jacks	6 March in Place 1 minute	7 25 Arm Circles	8 Play with friends outside
9 Jump Rope 50 Jumps	10 Stretch your Quadriceps Muscle	11 15 Lunges with each leg	12 Play Push-up hockey with a friend	13 15 Push-ups	14 Butterfly Stretch 30 seconds	15 Hop on each foot 30 times
16 Lay on your back and pretend to ride a bicycle	17 15 Mountain Climbers	18 15 Lunge Walks	19 I did this exercise today: _____	20 Gallop for 45 seconds	21 15 Body Folds	22 Play outside with friends
23 Play tag with friends	24 Jog in Place 2 minutes	25 Eat a nutritious snack today!	26 Catch a ball 50 times	27 Stretch your lower body	28 Stretch your upper body	29 V-sit 15 seconds/3 times
30 25 Mountain Climbers	31 Dance to Music					

North Park Elementary Physical Education

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

northparkpe@yahoo.com

Student Name	Parent Signature



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Create Your Own Fitness Calendar

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	<i>Parents: please initial each completed activity</i>	<i>Please turn in your February Fitness Calendars at the beginning of the month.</i>				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					

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