



HPCSD Elementary Physical Education Department  
Fitness Calendar - November, 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Complete the calendar to be a Fitness Fanatic! Families are invited too!</b>	<b>Choose at least 3 activities per week.</b>	<b>Parents: please initial each completed activity</b>		1 Play outside	2 20 Blast-offs (Jump like a rocket taking off)	3 Take a walk
4 20 toe raisers	5 25 Mountain Climbers	6 Butterfly Stretch 10-30 seconds	7 Jump Rope 50-100 jumps	8 20 Body Folds (lay down and sit up keeping arms and legs straight)	9 15 Windmill Toe Touches	10 Ride your bicycle
11 Lunge Stretch 10-30 seconds each leg	12 20 Push-up Ball Touches	13 25 Jumping Jacks	14 Crab walk around your room 2 times	15 Run in place 3 minutes	16 20 Seal Jumps (Jumping Jack but cross your arms in front)	17 30 Arm Circles
18 30 Ankle Circles with each foot (sit and move your foot in a circle)	19 Hop on each foot 15 times	20 10 Push-ups	21 10 Walking Lunges	22 15 Frog Jumps (Be a frog and jump!)	23 30 Shoulder Shrugs	24 Play outside with friends
25 Bounce a ball 50 times	26 25 Skier's Jumps (Right and Left as if skiing)	27 Stretch your upper body 10-30 seconds	28 Complete your favorite exercise 15 times	29 Skip in place (This is a challenge!) 30 times	30 Dance to music 10 minutes	

North Park Elementary Physical Education

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

[northparkpe@yahoo.com](mailto:northparkpe@yahoo.com)

Student Name	Parent Signature



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Fitness Calendar



***Create Your Own Fitness Calendar - November, 2007***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>To use this calendar, fill in your activities in the blank spaces</i>	<i>Parents: please initial each completed activity</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	<b><i>NEW!</i></b> <i>Complete either side of the calendar to be a Fitness Fanatic!</i>

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Student Name	Parent Signature