




HPCSD Elementary Physical Education Department



Fitness Calendar - September, 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Complete at least 3 activities per week.	Parents: please initial each completed activity	NEW! Complete either side of the calendar to be a Fitness Fanatic!				1 Show a family member where your bicep muscle is.
2 Take a walk.	3 25 crunches	4 30 crab kicks	5 Welcome Back! 20 body folds	6 25 jumping jacks	7 Complete a butterfly stretch for 15 seconds	8 50 arm circles
9 20 Leg Lifts	10 25 shoulder shrugs	11 15 Lunges	12 25 Toe Touches	13 25 Side Bends	14 25 Windmill toe touches	15 Choose a muscle to exercise.
16 30 Toe Raises	17 Jump Rope 50 times.	18 March in Place. - 2 minutes	19 Run in Place. - 5 minutes	20 50 Bicycle pedals (Lay on your back and pedal in the air.)	21 Crab walk across your room. - 3 times	22 Complete a V-sit stretch. Hold and count to 10.
23 Show a family member where your tricep muscle is.	24 Bear walk across your room. - 3 times	25 Play outside for 15 minutes.	26 Play your favorite active game.	27 Fill in the blank with your exercise today. _____	28 20 curl-ups with alternating leg raises	29 Stretch your upper body.
30 Take a family walk.						

North Park Elementary Physical Education

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

northparkpe@yahoo.com

Student Name	Parent Signature



HPCSD Elementary Physical Education Department



Create Your Own Fitness Calendar - September, 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>	NEW! <i>Complete either side of the calendar to be a Fitness Fanatic!</i>				1
2	3	4	5 <i>Welcome Back!</i>	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						

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