

Physical Education Fitness Calendar

September 2020-June 2021



Fully Illustrated With Easy To Follow Activities!!!



Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education Teacher.
Calendars created by: <https://physedreview.weebly.com>

Note: If you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check off (✓) when you finish each day		Do 25 Squats	Do 50 High Kicks	Rest Day	Do 50 Jumping Jacks	Rest Day
Do 50 High Kicks	Do 25 Squats	Do 50 High Kicks	Do 25 Wall Push-ups	Rest Day	Do 50 High Kicks	Rest Day
Do 25 Wall Push-ups	Do 50 High Kicks	Do 25 Wall Push-ups	Do 50 High Kicks	Rest Day	Do 25 Wall Push-ups	Rest Day
Do 50 High Kicks	Do 25 Wall Push-ups	Do 50 High Kicks	Do 25 Wall Push-ups	Rest Day	Do 50 High Kicks	Rest Day

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January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Student Name: _____ Parent Signature: _____ Classroom Teacher: _____		Check off (✓) when you finish each day	Do 50 High Kicks	Rest Day	Do 50 Jumping Jacks	Rest Day
Do 50 High Kicks	Do 25 Squats	Do 50 High Kicks	Do 25 Wall Push-ups	Rest Day	Do 50 High Kicks	Rest Day
Do 25 Wall Push-ups	Do 50 High Kicks	Do 25 Wall Push-ups	Do 50 High Kicks	Rest Day	Do 25 Wall Push-ups	Rest Day
Do 50 High Kicks	Do 25 Wall Push-ups	Do 50 High Kicks	Do 25 Wall Push-ups	Rest Day	Do 50 High Kicks	Rest Day

EXERCISE

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May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Student Name: _____ Parent Signature: _____ Classroom Teacher: _____		Check off (✓) when you finish each day	Do 50 High Kicks	Rest Day	Do 50 Jumping Jacks	Rest Day
Do 50 High Kicks	Do 25 Squats	Do 50 High Kicks	Do 25 Wall Push-ups	Rest Day	Do 50 High Kicks	Rest Day
Do 25 Wall Push-ups	Do 50 High Kicks	Do 25 Wall Push-ups	Do 50 High Kicks	Rest Day	Do 25 Wall Push-ups	Rest Day
Do 50 High Kicks	Do 25 Wall Push-ups	Do 50 High Kicks	Do 25 Wall Push-ups	Rest Day	Do 50 High Kicks	Rest Day

EXERCISE



Created by Kevin Tiller



Encourage Physical Activity At Home!!!

Physical Education Fitness Calendar



How to use with your students...

Enclosed you will find 10 (From September To June) Fitness Calendars.

You may only want to use one, five, or all 10! Basically, the choice is yours! Have fun!!!

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December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check off (✓) when you finish each day		1 Jog in place for 30 seconds in every room of your home.	2 Do 25 back legs kicks per leg.	3 Rest Day	4 Hold onto a chair and stand on your toes for 1 minute.	5 Do bicycle legs with a family member or friend for 60 seconds.
6 Do 15 push-ups with a family member or friend.	7 Do a side plank for 30 seconds each arm.	8 Do side lunges 30 times per leg.	9 Rest Day	10 Put your toes under the couch and do 15 curl-ups.	11 Hold the Bird Dog position for 45 seconds per side.	12 Do 50 Jumping Jacks with a family member or friend.
13 Do 25 front lunges per leg with a family member or friend.	14 Put your feet under the couch and do 20 curl-ups.	15 Rest Day	16 In the top half of the page, draw a line and read one entire page.	17 Do side legs lifts 30 times per leg.	18 Do high knees while singing the school song.	19 Hold hands with a family member or friend and do 25 squats together.
20 Challenge a family member or friend to a "balance" contest. Use rock with eyes closed without hitting "balance" contest.	21 Rest Day	22 Hold onto your toes while balancing on your bottom for 30 seconds.	23 Do 30 Wall Push-ups.	24 Hold the Superman pose while you curl the alphabet backwards. Repeat 3 times.	25 See how many push-ups you can do in 30 seconds.	26 Challenge a family member or friend to a "plank" competition.
27 Rest Day	28 Challenge a family member or friend to a "V balance" competition.	29 Let one leg and balance putting your other leg on for 30 seconds. Repeat with the other leg.	30 Make up your own fitness challenge and draw it on the back of this paper.	31 Pick One Of Your Favorite Days And Do it Again!!!	Student Name: Parent Signature: Classroom Teacher:	



























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September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check off (✓) when you finish each day</p>	<p>KEEP FIT</p>	<p>1 Do 25 Squats.</p> 	<p>2 Hold the Superhero pose for 30 seconds.</p> 	<p>3 Do side legs lifts 30 times per leg.</p> 	<p>4 Rest Day</p>	<p>5 Challenge a family member or friend to a "plank without laughing" competition.</p> 
<p>6 Do 50 high knees with a family member or friend.</p> 	<p>7 Do front legs kicks while singing the alphabet song 5 Times.</p> 	<p>8 See how many push-ups you can do in 30 seconds.</p> 	<p>9 Do side lunges 30 times per leg.</p> 	<p>10 Rest Day</p>	<p>11 Do high knees while singing the school song.</p> 	<p>12 Do 50 Jumping Jacks with a family member or friend.</p> 
<p>13 Do 25 front lunges per leg with a family member or friend.</p> 	<p>14 Do 25 back legs kicks per leg.</p> 	<p>15 Do the bicycle while counting to 100 by 2's.</p> 	<p>16 Rest Day</p>	<p>17 Hold the Bird Dog position for 30 seconds per side.</p> 	<p>18 Do 25 Wall Push-ups.</p> 	<p>19 Hold hands with a family member or friend and do 25 squats together.</p> 
<p>20 Challenge a family member or friend to a "V balance" competition.</p> 	<p>21 Jog in place while watching 3 commercials on T.V.</p> 	<p>22 Rest Day</p>	<p>23 Balance on one foot for 30 seconds each leg.</p> 	<p>24 Put your feet under the couch and do 20 curl-ups.</p> 	<p>25 Do a side plank for 30 seconds each arm.</p> 	<p>26 Do 15 push-ups with a family member or friend.</p> 
<p>27 Hold onto a chair and stand on your tiptoe for 1 minute.</p> 	<p>28 Hold onto your toes while balancing on your bottom for 30 seconds.</p> 	<p>29 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30 Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: _____ Parent Signature: _____</p> <p>Classroom Teacher: _____</p>		
























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October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Student Name: _____ Classroom Teacher: _____		Parent Signature: _____		Check off (✓) when you finish each day	1 Skip around the house while you sing the school song. 	2 Rest Day	3 Challenge a family member or friend to a "Mountain Climber To 50" Race. 
4 Get some cans of food and do arm curls while a family member or friend counts to 100. Use both arms! 	5 Keep your legs straight while you bend relaxed at the waist. Breathe in and out slowly making your hands reach for the floor. 	6 Do the butterfly stretch while saying out loud 10 words that begin with the letter "J". 	7 Reach up off the floor 15 times. 	8 Rest Day	9 Crab Walk from the kitchen to your bedroom (Even if it's up or down the stairs!) 	10 Balance on one foot while a family member or friend sings the ABC song 3 times. 	
11 Pretend to hula hoop while saying the alphabet forwards then backwards. If you have a hula hoop, use it! 	12 Dance to one of your favorite songs. 	13 Do 60 seconds of arm circles. 	14 Rest Day	15 Do squats while watching 3 commercials on T.V. 	16 Grab one foot and stretch your thigh for 30 seconds. Repeat using the other leg. Then try it with your eyes closed. 	17 Hold a push-ups position while giving a high five to a family member or friend 25 times. 	
18 Get some cans of food and do lunges while a family member or friend sings you THEIR favorite song. 	19 Spell your full name while you jump in the air for each letter. 	20 Rest Day	21 Hop on one foot all the way around your home. If you get tired, switch to the other foot. 	22 Reach and touch your toes while counting to 30. Go slow! Repeat 3 times. 	23 Do 50 side bends. While doing them sing your favorite song out loud. 	24 Challenge a family member or friend to a "jumping jack race to 50" contest. 	
25 Stand in front of a mirror and flex or move every muscle you can think of. 	26 Rest Day	27 With your back flat against the wall, do the Wall Sit for 60 seconds. 	28 Do 100 jumping jacks. 	29 Hold a push-ups position while saying the months of the year 3 times. 	30 Make up your own fitness challenge and draw it on the back of this paper.	31 Pick One Of Your Favorite Days And Do It Again!!!	
























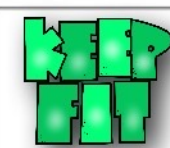
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November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 With legs crossed reach up and over your body as far as you can. Repeat reaching the other way. Repeat 3 times per side.</p> 	<p>2 Do squats while singing the school song.</p> 	<p>3 Touch your elbows to knees 50 times while keeping your eyes closed.</p> 	<p>4 Walk around your home like a robot. Visit every room in your home. For every door there is, do 10 jumping jacks.</p> 	<p>5 Jog in place while you answer 10 math questions given to you by a family member or friend.</p> 	<p>6 Rest Day</p>	<p>7 Keep your belly on the floor while you push up off the floor. Repeat 20 times.</p> 
<p>8 Pretend you are a rocket and countdown from 10 to 1 then jump as high as you can. Repeat 10 times.</p> 	<p>9 Do 50 lunges.</p> 	<p>10 Do 15 push-ups.</p> 	<p>11 Hold a plank position while counting to 100 by 5's</p> 	<p>12 Rest Day</p>	<p>13 Do 25 back leg kicks for each leg.</p> 	<p>14 Ask a family member or friend to read a short passage from a book to you while you hold onto one foot.</p> 
<p>15 Pretend you are getting pulled into a black hole by spinning around then jump out and land on two feet without falling. Repeat 10 times.</p> 	<p>16 Do 50 windmills touching one foot, then the other.</p> 	<p>17 Reach to both sides of your body while listening to one of your favorite songs.</p> 	<p>18 Rest Day</p>	<p>19 Stretch your calf muscles while you watch 3 commercials on T.V.</p> 	<p>20 Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg.</p> 	<p>21 Do 50 Jumping Jacks with a family member or friend.</p> 
<p>22 Pretend you are walking on the moon. Go around your home and touch every doorknob.</p> 	<p>23 In a straddle position reach for one toe and count to 10. Repeat reaching for the other toe. Do that 3 times per leg.</p> 	<p>24 Rest Day</p>	<p>25 Hold one foot while balancing and counting to 20. Repeat holding the other foot. Do that 3 times per leg.</p> 	<p>26 Do jumping jacks every time a commercial comes on T.V.</p> 	<p>27 With both legs straight, see how far you can reach. Go slow! Breathe in and out each time you reach.</p> 	<p>28 Make up your own fitness challenge and draw it, then have a family member or friend try it.</p>
<p>29 Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>30 Rest Day</p>	<p>Student Name: _____ Parent Signature: _____</p> <p>Classroom Teacher: _____</p>		<p>Check off (✓) when you finish each day</p>		

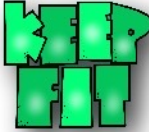
























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December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check off (✓) when you finish each day</p>		<p>1 Jog in place for 30 seconds in every room of your home.</p> 	<p>2 Do 25 back legs kicks per leg.</p> 	<p>3 Rest Day</p>	<p>4 Hold onto a chair and stand on your tippie toes for 1 minute.</p> 	<p>5 Do bicycle legs with a family member or friend for 60 seconds.</p> 
<p>6 Do 15 push-ups with a family member or friend.</p> 	<p>7 Do a side plank for 30 seconds each arm.</p> 	<p>8 Do side lunges 30 times per leg.</p> 	<p>9 Rest Day</p>	<p>10 Put your toes under the couch and do 15 curl-ups.</p> 	<p>11 Hold the Bird Dog position for 45 seconds per side.</p> 	<p>12 Do 50 Jumping Jacks with a family member or friend.</p> 
<p>13 Do 25 front lunges per leg with a family member or friend.</p> 	<p>14 Put your feet under the couch and do 20 curl-ups.</p> 	<p>15 Rest Day</p>	<p>16 In the Superhero pose lift a book off the ground and read one entire page.</p> 	<p>17 Do side legs lifts 30 times per leg.</p> 	<p>18 Do high knees while singing the school song.</p> 	<p>19 Hold hands with a family member or friend and do 25 squats together.</p> 
<p>20 Challenge a family member or friend to a "balance on one foot with eyes closed without losing balance" contest.</p> 	<p>21 Rest Day</p>	<p>22 Hold onto your toes while balancing on your bottom for 30 seconds.</p> 	<p>23 Do 30 Wall Push-ups.</p> 	<p>24 Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.</p> 	<p>25 See how many push-ups you can do in 30 seconds.</p> 	<p>26 Challenge a family member or friend to a "plank without laughing" competition.</p> 
<p>27 Rest Day</p>	<p>28 Challenge a family member or friend to a "V balance" competition.</p> 	<p>29 Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.</p> 	<p>30 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>31 Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: Parent Signature: Classroom Teacher:</p>	



























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January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Student Name: Parent Signature: Classroom Teacher:				Check off (✓) when you finish each day	1 Skip around the house while you sing the school song. 	2 Rest Day
3  Stand in front of a mirror and flex or move every muscle you can think of.	4  Get some cans of food and do arm curls while a family member or friend counts to 100. Use both arms!	5  Spell your full name while you jump in the air for each letter.	6  Do the butterfly stretch while saying out loud 10 words that begin with the letter "J".	7  Reach up off the floor 15 times.	8 Rest Day	9  Crab Walk from the kitchen to your bedroom (Even if it's up or down the stairs!)
10  Challenge a family member or friend to a "Mountain Climber To 50" Race.	11  Pretend to hula hoop while saying the alphabet forwards then backwards. If you have a hula hoop, use it!	12  Keep your legs straight while you bend relaxed at the waist. Breathe in and out slowly making your hands reach for the floor.	13  Do 60 seconds of arm circles.	14 Rest Day	15  Do squats while watching 3 commercials on T.V.	16  Grab one foot and stretch your thigh for 30 seconds. Repeat using the other leg. Then try it with your eyes closed.
17  Balance on one foot while a family member or friend sings the ABC song 3 times.	18  Get some cans of food and do lunges while a family member or friend sings you THEIR favorite song.	19  Dance to one of your favorite songs.	20 Rest Day	21  Hop on one foot all the way around your home. If you get tired, switch to the other foot.	22  Reach and touch your toes while counting to 30. Go slow! Repeat 3 times.	23  Do 50 side bends. While doing them sing your favorite song out loud.
24  Hold a push-ups position while giving a high five to a family member or friend 25 times.	25  Challenge a family member or friend to a "jumping jack race to 50" contest.	26 Rest Day	27  Do 100 jumping Jacks.	28  With your back flat against the wall, do the Wall Sit for 60 seconds.	29  Hold a push-ups position while saying the months of the year 3 times.	30 Make up your own fitness challenge and draw it on the back of this paper.
31 Pick One Of Your Favorite Days And Do It Again!!!						<small>© BlankCalendarPages.com</small>
























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February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div style="border: 2px solid black; padding: 5px; text-align: center;"> Check off (✓) when you finish each day </div>	1 Stretch your calf muscles while you watch 3 commercials on T.V. 	2 Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg. 	3 Do 50 Jumping Jacks with a family member or friend. 	4 In a straddle position reach for one toe and count to 10. Repeat reaching for the other toe. Do that 3 times per leg. 	5 Rest Day	6 Hold one foot while balancing and counting to 20. Repeat holding the other foot. Do that 3 times per leg. 	
	7 Do jumping jacks every time a commercial comes on T.V. 	8 With both legs straight, see how far you can reach. Go slow! Breathe in and out each time you reach. 	9 Jog in place while you answer 10 math questions given to you by a family member or friend. 	10 With legs crossed reach up and over your body as far as you can. Repeat reaching the other way. Repeat 3 times per side. 	11 Rest Day	12 Do 50 lunges. 	13 Put your toes under the couch and do 15 curl-ups. 
	14 Do a plank while spelling your full name backwards 3 times. 	15 Do windmills while you count to 100 by 2's. 	16 Hold a plank position while counting to 100 by 5's 	17 Rest Day	18 Touch your elbows to knees 50 times while keeping your eyes closed. 	19 Keep your belly on the floor while you push up off the floor. Repeat 20 times. 	20 Do 25 back leg kicks for each leg. 
	21 Do squats while singing the school song. 	22 Do 15 push-ups. 	23 Rest Day	24 Ask a family member or friend to read a short passage from a book to you while you hold onto one foot. 	25 Do 50 windmills touching one foot, then the other. 	26 Reach to both sides of your body while listening to one of your favorite songs. 	27 Make up your own fitness challenge and draw it on the back of this paper.
	28 Pick One Of Your Favorite Days And Do It Again!!!	<div style="border: 2px solid black; padding: 5px;"> Student Name: Parent Signature: Classroom Teacher: </div>					

























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March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check off (✓) when you finish each day</p>	<p>1 Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.</p> 	<p>2 Jog in place for 30 seconds in every room of your home.</p> 	<p>3 Do 25 back legs kicks per leg.</p> 	<p>4 Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.</p> 	<p>5 Rest Day</p>	<p>6 Do bicycle legs with a family member or friend for 60 seconds.</p> 
<p>7 Do 15 push-ups with a family member or friend.</p> 	<p>8 Do a side plank for 30 seconds each arm</p> 	<p>9 Do side lunges 30 times per leg.</p> 	<p>10 In the Superhero pose lift a book off the ground and read one entire page.</p> 	<p>11 Rest Day</p>	<p>12 Hold the Bird Dog position for 45 seconds per side.</p> 	<p>13 Do 50 Jumping Jacks with a family member or friend.</p> 
<p>14 Do 25 front lunges per leg with a family member or friend.</p> 	<p>15 Put your feet under the couch and do 20 curl-ups.</p> 	<p>16 Hold onto your toes while balancing on your bottom for 30 seconds.</p> 	<p>17 Rest Day</p>	<p>18 Do side legs lifts 30 times per leg.</p> 	<p>19 Do high knees while singing the school song.</p> 	<p>20 Hold hands with a family member or friend and do 25 squats together.</p> 
<p>21 Challenge a family member or friend to a "balance on one foot with eyes closed without losing balance" contest.</p> 	<p>22 Challenge a family member or friend to a "plank without laughing" competition.</p> 	<p>23 Rest Day</p>	<p>24 Do 30 Wall Push-ups.</p> 	<p>25 See how many push-ups you can do in 30 seconds.</p> 	<p>26 Put your toes under the couch and do 15 curl-ups.</p> 	<p>27 Challenge a family member or friend to a "V balance" competition.</p> 
<p>28 Hold onto a chair and stand on your tippie toes for 1 minute.</p> 	<p>29 Rest Day</p>	<p>30 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>31 Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: Parent Signature: Classroom Teacher:</p>		















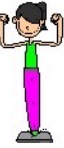








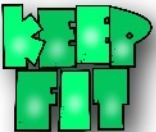
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April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Student Name: Parent Signature: Classroom Teacher:			Check off (✓) when you finish each day	1 Skip around the house while you sing the school song. 	2 Crab Walk from the kitchen to your bedroom (Even if it's up or down the stairs!) 	3 Rest Day
4 Get some cans of food and do arm curls while a family member or friend counts to 100. Use both arms! 	5 Keep your legs straight while you bend relaxed at the waist. Breathe in and out slowly making your hands reach for the floor. 	6 Do the butterfly stretch while saying out loud 10 words that begin with the letter "J". 	7 Reach up off the floor 15 times. 	8 Do squats while watching 3 commercials on T.V. 	9 Rest Day	10 Balance on one foot while a family member or friend sings the ABC song 3 times. 
11 Challenge a family member or friend to a "Mountain Climber To 50" Race. 	12 Pretend to hula hoop while saying the alphabet forwards then backwards. If you have a hula hoop, use it! 	13 Dance to one of your favorite songs. 	14 Do 60 seconds of arm circles. 	15 Rest Day	16 Grab one foot and stretch your thigh for 30 seconds. Repeat using the other leg. Then try it with your eyes closed. 	17 Hold a push-ups position while giving a high five to a family member or friend 25 times. 
18 Stand in front of a mirror and flex or move every muscle you can think of. 	19 Get some cans of food and do lunges while a family member or friend sings you THEIR favorite song. 	20 Spell your full name while you jump in the air for each letter. 	21 Rest Day	22 Reach and touch your toes while counting to 30. Go slow! Repeat 3 times. 	23 Do 50 side bends. While doing them sing your favorite song out loud. 	24 Challenge a family member or friend to a "jumping jack race to 50" contest. 
25 Do 100 jumping Jacks. 	26 With your back flat against the wall, do the Wall Sit for 60 seconds. 	27 Rest Day	28 Hold a push-ups position while saying the months of the year 3 times. 	29 Make up your own fitness challenge and draw it on the back of this paper.	30 Pick One Of Your Favorite Days And Do It Again!!!	































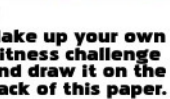


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May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Student Name: Parent Signature: Classroom Teacher:			Check off (✓) when you finish each day			1 Keep your belly on the floor while you push up off the floor. Repeat 20 times. 
2 Do squats while singing the school song. 	3 Do 15 push-ups. 	4 Hold a plank position while counting to 100 by 5's 	5 Do 25 back leg kicks for each leg. 	6 Ask a family member or friend to read a short passage from a book to you while you hold onto one foot. 	7 Do 50 windmills touching one foot, then the other. 	8 Rest Day 
9 Reach to both sides of your body while listening to one of your favorite songs. 	10 Stretch your calf muscles while you watch 3 commercials on T.V. 	11 Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg. 	12 Do 50 Jumping Jacks with a family member or friend. 	13 In a straddle position reach for one toe and count to 10. Repeat reaching for the other toe. Do that 3 times per leg. 	14 Rest Day 	15 Hold one foot while balancing and counting to 20. Repeat holding the other foot. Do that 3 times per leg. 
16 Do jumping jacks every time a commercial comes on T.V. 	17 With both legs straight, see how far you can reach. Go slow! Breathe in and out each time you reach. 	18 Jog in place while you answer 10 math questions given to you by a family member or friend. 	19 With legs crossed reach up and over your body as far as you can. Repeat reaching the other way. Repeat 3 times per side. 	20 Rest Day 	21 Do 50 lunges. 	22 Put your toes under the couch and do 15 curl-ups. 
23 Do a plank while spelling your full name backwards 3 times. 	24 Do windmills while you count to 100 by 2's. 	25 Hold a plank position while counting to 50. 	26 Rest Day 	27 Do a jumping jack for every letter of the alphabet. 	28 Jog 3 times around the outside of your home or block. 	29 Touch your elbows to knees 50 times while keeping your eyes closed. 
30 Make up your own fitness challenge and draw it on the back of this paper. 	31 Pick One Of Your Favorite Days And Do It Again!!! 					© BlankCalendarPages.com

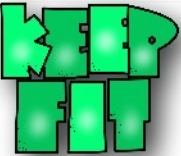

















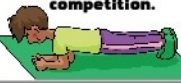





Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Calendars created by: <https://physedreview.weebly.com>

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check off (✓) when you finish each day</p>		<p>1 Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.</p> 	<p>2 Do 25 back legs kicks per leg.</p> 	<p>3 Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.</p> 	<p>4 Rest Day</p>	<p>5 Do bicycle legs with a family member or friend for 60 seconds.</p> 
<p>6 Do 15 push-ups with a family member or friend.</p> 	<p>7 Do a side plank for 30 seconds each arm.</p> 	<p>8 Do side lunges 30 times per leg.</p> 	<p>9 In the Superhero pose lift a book off the ground and read one entire page.</p> 	<p>10 Rest Day</p>	<p>11 Hold the Bird Dog position for 45 seconds per side.</p> 	<p>12 Do 50 Jumping Jacks with a family member or friend.</p> 
<p>13 Do 25 front lunges per leg with a family member or friend.</p> 	<p>14 Put your feet under the couch and do 20 curl-ups.</p> 	<p>15 Hold onto your toes while balancing on your bottom for 30 seconds.</p> 	<p>16 Rest Day</p>	<p>17 Do side legs lifts 30 times per leg.</p> 	<p>18 Do high knees while singing the school song.</p> 	<p>19 Hold hands with a family member or friend and do 25 squats together.</p> 
<p>20 Challenge a family member or friend to a "balance on one foot with eyes closed without losing balance" contest.</p> 	<p>21 Challenge a family member or friend to a "plank without laughing" competition.</p> 	<p>22 Rest Day</p>	<p>23 Do 30 Wall Push-ups.</p> 	<p>24 See how many push-ups you can do in 30 seconds.</p> 	<p>25 Put your toes under the couch and do 15 curl-ups.</p> 	<p>26 Hold onto a chair and stand on your tippie toes for 1 minute.</p> 
<p>27 Jog in place for 30 seconds in every room of your home.</p> 	<p>28 Rest Day</p>	<p>29 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30 Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: Parent Signature: Classroom Teacher:</p>		

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You may video record your students using this resource and post on social media, however you must direct any questions to myself or refer the person asking to my Teachers Pay Teachers page.

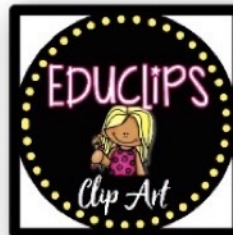
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