

PE Fitness Challenge for Kids - Printable Calendar



Fitness Challenge

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8 Basic Lunges 8 Squat Jumps	20 Heel Kicks 8 Jump and Twists	CARDIO DAY (2 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	8 Basic Lunges 8 Squat Jumps	20 Heel Kicks 8 Jump and Twists	8 Basic Lunges 8 Squat Jumps
30 Heel Kicks 8 Jump and Twists	11 Basic Lunges 10 Squat Jumps	40 Heel Kicks 10 Jump and Twists	CARDIO DAY (2.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	11 Basic Lunges 10 Squat Jumps	40 Heel Kicks 10 Jump and Twists	11 Basic Lunges 10 Squat Jumps
40 Heel Kicks 10 Jump and Twists	15 Basic Lunges 12 Squat Jumps	50 Heel Kicks 12 Jump and Twists	CARDIO DAY (3.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	15 Basic Lunges 12 Squat Jumps	50 Heel Kicks 12 Jump and Twists	15 Basic Lunges 12 Squat Jumps
50 Heel Kicks 12 Jump and Twists	17 Basic Lunges 15 Squat Jumps	60 Heel Kicks 15 Jump and Twists	CARDIO DAY (4 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	17 Basic Lunges 15 Squat Jumps	60 Heel Kicks 15 Jump and Twists	17 Basic Lunges 15 Squat Jumps
60 Heel Kicks 15 Jump and Twists	20 Basic Lunges 20 Squat Jumps	100 Heel Kicks 20 Jump and Twists	CARDIO DAY (5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE			

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!

- For Basic Lunges, do the number listed for each side.
- CARDIO DAY - choose one, a combination, or all activities listed.

Find the visuals for each fitness activity below.

Special thanks to the
Alliance for a Healthier Generation

Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS
PRE-GAME

BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

HealthierGeneration.org

FITNESS BREAKS
MVP

SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. Repeat.

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FITNESS BREAKS
PRE-GAME

Heel KICKS

Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

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FITNESS BREAKS
OVERTIME

JUMP AND Twist

Jump up and rotate body. Land softly on the balls of the feet.

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Kids Exercise Calendar

Tobias Bleicker

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Kids Exercise Calendar:

Enjoying the Melody of Appearance: An Emotional Symphony within **Kids Exercise Calendar**

In a global eaten by monitors and the ceaseless chatter of instant conversation, the melodic beauty and psychological symphony created by the prepared word frequently fade in to the background, eclipsed by the constant noise and disturbances that permeate our lives. But, nestled within the pages of **Kids Exercise Calendar** an enchanting fictional treasure brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that interesting masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of this touching analysis, we can investigate the book is central harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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