



HPCSD Fitness Calendar

North Park Physical Education

<http://classrooms.hydeparkschools.org/webpages/MRobelee/>

June 2014

Directions:

1. Complete 3 activities per week and return the calendar to school to become a "Fitness Fanatic"!

OR

2. Complete the blank side of the calendar with your own activities.

Parents: Please initial each completed activity. Parents and families are invited to participate as well!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Take a family walk	2 Play with friends	3 Exerciser's Choice	4 Pretend to Swim 2 minutes	5 Jog outside	6 25 Toe Touches	7 Play outside
8 Take a family walk	9 25 Jumping Jacks	10 March in place 1 minute	11 Bounce a ball 100 times	12 Stay in a push-up position 45 seconds X 3	13 Butterfly stretch	14 Ride your bicycle Wear a helmet
15 Play tag with friends Remember to play safe	16 25 Pogo Jumps	17 Eat a green vegetable	18 25 Half-Jacks	19 Dance to music	20 10 Push-ups	21 Take a family walk
22 Family Exerciser's choice	23 20 Blast-offs	24 Catch a ball 50 times	25 25 Crab-kicks	26 Bear walk around your room	27 25 Step-ups	28 Sit and Reach Stretch
29 Eat a Healthy Snack	30 25 Mountain Climbers					

Student Name: _____ Parent Signature: _____ Class: _____



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"Create Your Own Fitness Calendar" on this side!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					

Student Name: _____ Parent Signature: _____ Class: _____