


GALENA USD #499 APRIL 2008 FITNESS CALENDAR

Name: _____

Grade: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Parents</p> <p>Please circle and put your initials on each activity your child completes.</p>	1 Do 25 arm circles.	2 Do 25 push ups.	3 Do 25 leg hops on 1 foot then switch legs.	4 Do 25 crunches.	5  Do 25 jumping jacks.	6 Go for a 30 minute walk.
7 Perform 7 different stretches while on your back. Hold each stretch for 20 seconds.	8 Do 25 sit ups.	9 Perform 10 bent-knee sit-ups in 30 seconds.	10  Run in place for 5 minutes.	11 Crab walk around the house for 5 minutes.	12 Do 25 toe touches.	13 Perform 20 vertical power jumps, try to get higher on each jump.
14  Go for a 30 minute walk.	15 Do 25 jumping jacks.	16 Do 25 crunches.	17 Perform 10 bent-knee sit-ups in 30 seconds.	18 Do 25 arm circles.	19 Do 25 push ups.	20 Jump an imaginary rope 10 times your age.
21 Crab walk around the house for 5 minutes.	22 Do 25 toe touches.	23 Do 25 leg lifts on each leg.	24 Do 20 slow stretches with your arms and legs spread apart.	25  Run in place for 5 minutes.	26 Do 25 sit ups.	27 Go for a 30 minute walk.
28 Balance on one foot for 15 seconds. Then use the other foot.	29 Do 25 jumping jacks.	30  Do 25 air-jump ropes.	<p><u>Come on kids! Let's get active!!!</u></p> <p>Complete at least 5 days each week of April.</p> <p>Give your completed calendar to your teacher during the first week of May.</p> <p>Students returning their completed activity calendar will receive recognition in the cafeteria.</p>			