



HPCSD Fitness Calendar



Netherwood Physical Education

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

February 2017

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 50 Push-up Salutes	2 Eat a healthy snack	3 25 Jumping Jacks	4 Eat a healthy breakfast
5 10 Walking Lunges	6 50 Arm Circles	7 25 Blast-offs	8 Move like a dinosaur	9 Play with friends	10 30 Skier's jumps	11 50 Scissor Jumps
12 Take a family walk	13 25 Leg Lifts	14 Dance to music	15 Hula Hoop 50 times (Pretend if you need to!)	16 30 Step-ups	17 50 crab kicks	18 25 Calf-raises
19 Play outside	20 Bear Walk around your room	21 40 Skier's Jumps	22 15 Push-ups	23 Slither like a snake	24 Run in Place 2 min.	25 March to music
26 Take a walk	27 Butterfly Stretch	28 Exerciser's choice				

Student Name: _____ Teacher/Class: _____ Parent Signature: _____



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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				

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