


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!!!

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!!!	