

# At Home Daily Physical Education Workout

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ol style="list-style-type: none"> <li>1. Do as many push-ups as you can.</li> <li>2. Grab 2 canned food items and perform 30 arm curls.</li> <li>3. Read a book while doing a wall sit.</li> </ol>	<ol style="list-style-type: none"> <li>1. Take a walk with a family member.</li> <li>2. Check how many calories are in a can of soda. Jog in place and flap your arms that # of times.</li> <li>3. Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>1. Play outside with a sibling; if no sibling, grab mom or dad.</li> <li>2. Do as many sit-ups as you can.</li> <li>3. Touch your elbow to the opposite knee 15 times on each side.</li> </ol>	<ol style="list-style-type: none"> <li>1. Say your math facts or your ABCs while doing lunges.</li> <li>2. Check how much salt is in one hot dog. Side-slide in place that # of times.</li> <li>3. Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>1. Help out around the house.</li> <li>2. Do as many trunk-twists as you can.</li> <li>3. Perform 25 squats.</li> </ol>	<ol style="list-style-type: none"> <li>1. Do push-ups while practicing your spelling words.</li> <li>2. Take a walk with a family member.</li> <li>3. Check how much fat is in ice cream. Do that # of crunches</li> </ol>	<ol style="list-style-type: none"> <li>1. Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</li> <li>2. Help with the dishes.</li> <li>3. Do as many squats as you can.</li> </ol>
<ol style="list-style-type: none"> <li>1. Balance on each foot for a count of 50.</li> <li>2. Perform squat jumps while naming as many states as you can.</li> <li>3. Take an evening walk.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check the total Carbs on any food label you want. Do that # of jumping jacks.</li> <li>2. Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</li> <li>3. Help fold the laundry.</li> </ol>	<ol style="list-style-type: none"> <li>1. You can pick the exercise and do as many as you can!</li> <li>2. Name as many healthy habits as you can while holding a side lunge.</li> <li>3. Read a book while doing a wall sit.</li> </ol>	<p>Play a game of "Playing Card Fitness"                      Directions:                      Choose 3 cards and perform the exercise.                      (see below)</p>	<p>Develop and play the "Shoe Box Fitness Game".                      (see below)</p>	<ol style="list-style-type: none"> <li>1. Do as many push-ups as you can.</li> <li>2. Grab 2 canned food items and perform 30 arm curls.</li> <li>3. Read a book while doing a wall sit.</li> </ol>	<ol style="list-style-type: none"> <li>1. Do as many push-ups as you can.</li> <li>2. Grab 2 canned food items and perform 30 arm curls.</li> <li>3. Read a book while doing a wall sit.</li> </ol>

*Directions:  
 The purpose of this calendar is to encourage families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision). After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).*

## Playing Card Fitness

- A - 35 jumping jacks
- K - 4 Burpees
- Q - 23 Line Jumps
- J - Jog/Walk 3 laps
- 10 - Squats
- 9 - Curl Ups
- 8 - 12 Lunges
- 7 - Heel Raisers
- 6 - Jog in place (1 min)
- 5 - Plank for 20 seconds
- 4 - 10 washing machines
- 3 - 10 Mountain climbers
- 2 - 4 Push Ups



## Shoe Box Fitness Game

Index cards are placed in a shoe box. Each student works with one family member, one student will draw a card out of the box and both will complete the exercise. When they finish, they will return the card and draw another.

1. 20 Push-ups (knees or toes)
2. 30 curl ups
3. 30 jumping jacks
4. Jog 2 laps around your house or safe play area
5. Side slide across your yard or play area.
6. Skip backward across your yard or play area
7. Lay on your back and dow 40 bicycle kicks
8. Gallop for 1 minute and get a big glass of water
9. 50 Crunchies with feet in the air
- 10.50 Crunchies with feet on the floor
- 11.Crab walk from one side of your house to the other
- 12.Bear crawl from one side of your house to the other
- 13.Jog around your yard or safe play area 4 times
- 14.Stretch shoulders
- 15.Stretch hamstrings (thighs)
- 16.Stretch calves
- 17.Walking lunges across your yard or safe play area
- 18.Reach one arm at a time around your neck and stretch
- 19.Put on some music and dance for 5-7 minutes
- 20.Hop on one foot then the other across your yard or play area
- 21.Power walk 3 laps around your yard or safe play area
- 22.Power skip 1 lap around your yard or safe play area
- 23.Wall sit for 1 minute
- 24.Butt kicks 2 laps around your yard or safe play area
- 25.High knees 1 lap around your yard or safe play area



### Please Remember

> Always get adult permission before doing any activity.