

The Don't Just Sit There, Get Up and Do Something St. Michael's

January Fitness Calendar

Directions: Complete as many of the activities below and check the box when you are done. At the end of the month, have your parent sign this sheet and turn it in to the gym on your pe day. If you want to substitute and do other activities than what we have noted, that is fine.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Student name:							
Parent signature							
Rest					Happy New Year!		
4 Practice jumping rope		5 Hold a plank on your hands for 15 seconds	6 See how many burpees you can do in 20 sec.	7 Find a ball & dribble 50 left, 50 right, 50 alternating	8 Walk up and down your steps for 5 min.	9 Take a walk with your family for 30 minutes	10
Rest and enjoy the		11 Crab walk to every room in your house	12 Try some new tricks with a ball	13 How many sit ups can you do in 1 min?	14 Go through the whole pe warm up	15 Stretch during the commercials	16 Pick up sticks outside for 10 min.
Rest		18 Challenge a family member to a plank contest	19 Hop on each foot 20 times	20 How long can you balance on your left foot?	21 Throw & catch a ball in the air for 5 min	22 See how many push ups you can do in 30 seconds.	23 Do 10 burpees
Rest		25 Throw a ball with a friend for 5 minutes	26 Practice your yoga poses for 5 minutes	27 Do 10 sit ups and 5 push ups, repeat twice	28 Challenge a family member to a superman contest	29 Practice the warm up that we do in the gym	30 See who can do the longest wall sit in your family