



Spring Fitness Calendar “Spring” into Action Grades K-3!

Purpose: This calendar encourages families to become more physically active toward a healthier lifestyle. Each day, students are asked to complete a different activity, some alone and some with a family member (if able).

Directions: After a student completes a day’s activity, an adult should make a check mark and initial in the space provided. Each week you are allowed to miss one day/activity. If this occurs, put an “X” in the space provided for a check mark. Do not initial this space.

Check if done	Initials	Day	Activity
		1	Do 20 jumping jacks with a family member
		2	Say your math facts while jogging in place (ABC’s for grade K)
		3	Take a walk
		4	Did you know soda has ~39g of sugar? Do 39 arm circles
		5	Stretch <u>five</u> different muscles for 20 seconds each
		6	Help a parent with spring cleaning
		7	Do as many trunk-lifts as you can
		8	Do 30 jumping jacks with a family member
		9	Do push-ups while reciting your spelling words (sing a song for K)
		10	Take a walk
		11	Did you know ice cream has ~13 grams of fat? Do 13 hops in place
		12	Stretch <u>five</u> different muscles for 20 seconds each
		13	Using an old container, gather soil, and plant flower seeds
		14	Do as many sit-ups as you can
		15	Do 40 jumping jacks with a family member
		16	Perform squat jumps while naming the continents (days of the week for grade K)
		17	Take a walk
		18	Did you know donuts have ~280 calories? Jog in place for 280 seconds
		19	Stretch <u>five</u> different muscles for 20 seconds each

“Spring” into Action Grades K-3

Check if done	Initials	Day	Activity
		20	Do 30 minutes of exercise: Your choice!
		21	Do as many push-ups as you can
		22	Do 50 jumping jacks with a family member
		23	Read a book while doing a wall sit
		24	Take a walk
		25	Did you know hot dogs have ~530mg of sodium? Raise the roof 530 times
		26	Stretch <u>five</u> different muscles for 20 seconds each
		27	Invent a game and try it out
		28	Do as many curl-ups as you can

Always Remember:

- Always get adult permission before performing any activity. You should have adult supervision as well.
- Perform each exercise to the best of the student’s ability. If needed, the student may break up the exercise as need be.
- I will collect the completed calendars when classes resume.

I hope you are doing well, staying fit and healthy to the best of your ability. Please continue to enjoy time with your family. Hopefully the weather will cooperate to allow you to take advantage and get outside. I hope to see you soon!

-Mr. Green