

March 2019

SPRING into Wellness...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MRS. B'S FITNESS CHALLENGE: DO THE DAILY ACTIVITIES AND GET A PARENT/GUARDIAN TO SIGN THIS FORM. TURN IN TO MRS. B ON APRIL 1ST FOR A SPECIAL CERTIFICATE!					March 1	2
ADAPTED FROM: HTTPS://WWW.SSWW.COM/BLOG/PRINTABLE-FITNESS-CALENDAR-FOR-KIDS-PE-AFTERSCHOOL-RESOURCE/						
3	4	5	6	7	8	9
REST	8 Basic Lunges 8 Squat Jumps <i>Parent initials:</i>	30 Heel Kicks 10 Jump and Twists <i>Parent initials:</i>	11 Basic Lunges 10 Squat Jumps <i>Parent initials:</i>	30 Heel Kicks 8 Jump and Twists <i>Parent initials:</i>	11 Basic Lunges 10 Squat Jumps <i>Parent initials:</i>	CARDIO DAY (2 MIN.) SKIP, JOG IN PLACE, AND/OR JUMP ROPE <i>Parent initials:</i>
10	11	12	13	14	15	16
REST	40 Heel Kicks 10 Jump and Twists <i>Parent initials:</i>	15 Basic Lunges 12 Squat Jumps <i>Parent initials::</i>	40 Heel Kicks 10 Jump and Twists <i>Parent initials::</i>	15 Basic Lunges 12 Squat Jumps <i>Parent initials::</i>	40 Heel Kicks 10 Jump and Twists <i>Parent initials::</i>	CARDIO DAY (3.5 MIN.) SKIP, JOG IN PLACE, AND/OR JUMP ROPE <i>Parent initials::</i>
17	18	19	20	21	22	23
REST	15 Basic Lunges 12 Squat Jumps <i>Parent initials::</i>	50 Heel Kicks 12 Jump and Twists <i>Parent initials::</i>	17 Basic Lunges 15 Squat Jumps <i>Parent initials::</i>	50 Heel Kicks 12 Jump and Twists <i>Parent initials::</i>	20 Basic Lunges 20 Squat Jumps <i>Parent initials::</i>	CARDIO DAY (4 MIN.) SKIP, JOG IN PLACE, AND/OR JUMP ROPE <i>Parent initials::</i>
24	25	26	27	28	29	30
REST	60 Heel Kicks 15 Jump and Twists <i>Parent initials::</i>	17 Basic Lunges 15 Squat Jumps <i>Parent initials::</i>	60 Heel Kicks 15 Jump and Twists <i>Parent initials::</i>	11 Basic Lunges 10 Squat Jumps <i>Parent initials::</i>	100 Heel Kicks 20 Jump and Twists <i>Parent initials::</i>	CARDIO DAY (5 MIN.) SKIP, JOG IN PLACE, AND/OR JUMP ROPE <i>Parent initials::</i>
31	April 1					
REST	TURN IN TO MRS. "B"	<i>Parent Signature (Firma del padres guardian)</i>				

54321 +10: Numbers to live by every day

5 servings of fruits & veggies, **4** glasses of water, **3** good laughs, **2** hours (or less) of screen time, **1** hour physical activity

+10 hours (or more) of sleep

FITNESS BREAKS MVP



SQUAT Jumps

Start with feet shoulder width apart.
Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. Repeat

FITNESS BREAKS PRE-GAME



Heel Kicks

Start with right leg. Pull the heel of the lower leg up to and bounce off the buttock.

FITNESS BREAKS PRE-GAME



BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by bending knee and hip at front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

FITNESS BREAKS OVERTIME



JUMP AND Twist

Jump up and rotate (turn) body. Land softly on the balls of the feet.