








# Physical Education Weekly Fitness Calendar

Follow along with the exercise and directions on today's date!








Check out YouTube for GoNoodle Videos <https://www.youtube.com/user/GoNoodleGames>

| Sunday  | Monday  | Tuesday  | wednesday  | Thursday  | Friday  | Saturday   |
|---|---|--|--|---|---|--|
| <p>15 Boat Pose</p> <p>Hold Boat Pose three times for 15 seconds.</p>  | <p>16 Wild Arms</p> <p>As fast as you can complete:<br/>           -10 Arm Circles front &amp; back<br/>           -10 Forward punches<br/>           -10 Raise the Roof's<br/> <i>Repeat 3x</i></p>  | <p>17 Code Words</p> <p>While watching TV any time you hear the code words complete 10 jumping jacks.<br/>           Code words:<br/>           -Green<br/>           -St. Patrick's Day<br/>           -Lucky<br/>           -Leprechaun</p>  | <p>18 Toe Fencing</p> <p>With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>  | <p>19 A Quarter's Worth</p> <p>How much is a quarter worth? Complete 25 of the following:<br/>           1. Skip<br/>           2. Jump Lift<br/>           Knees<br/>           3. Walk backwards<br/>           Can you think of your own exercises?<br/> <i>Repeat</i></p>  | <p>20 Dance Party!</p> <p>Put your favorite song on and make up a dance or fitness routine! Invite a friend or family member to join in on the dancing.</p>  | <p>21 Bear Walk</p> <p>With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>  |

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| <p>22 Yogi Squat Pose</p> <p>Hold for 30 seconds rest and <i>repeat</i>.</p>  | <p>23 Commercial Stroll</p> <p>During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>  | <p>24 Pretend!</p> <p>Pretend to:</p> <ul style="list-style-type: none"> <li>- Sit in a chair for 10 seconds</li> <li>- Shoot a basketball 10 times</li> <li>- Ride a horse</li> <li>- Be a frog</li> <li>- Lift a car</li> </ul>  | <p>25 Catch with a Catch</p> <p>Toss a ball in the air, try each challenge before catching the ball:</p> <ol style="list-style-type: none"> <li>1. Touch your nose</li> <li>2. Clap twice</li> <li>3. High-five someone</li> <li>4. Spin around</li> </ol>  | <p>26 Walking Race</p> <p>Pick a distance and challenge a friend to a speed walking race. No running!</p>  | <p>27 Vertical Jump</p> <p>Jump as high as you can for 30 seconds. <i>Repeat</i>.</p>  | <p>28 Downward Dog</p> <p>Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p>  |

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| <p><b>29 Crane Pose</b></p> <p>Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p>  | <p><b>30 Army Crawl</b></p> <p>Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>  | <p><b>1 Do this:</b></p> <ul style="list-style-type: none"><li>-Hop on one leg 30 times, switch legs</li><li>-Take 10 giant steps</li><li>-Walk on your knees</li><li>-Do a silly dance</li><li>-Sprint for 10 seconds</li></ul>  | <p><b>2 Time Trial</b></p> <p>Try and sprint from one end of your street to the other. Have a family member time you.</p>  | <p><b>3 Sidewalk Locomotor Shuffle</b></p> <p>Along the sidewalks alternate between skipping, speed walking, and jogging.</p>  | <p><b>4 Crabby Clean Up</b></p> <p>Tidy up while walking like a crab! Carry items on your belly across the room to put them away</p>  | <p><b>5 Read &amp; Move</b></p> <p>Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>  |
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