

Fitness Challenge

























- Physical Education Association of Ireland on Twitter
(Has lots of ideas on how to keep fit with lots of videos etc.)
https://twitter.com/PEAI_IRELAND/status/1240264217934139392?s=08
- The Body coach on Twitter
P.E. with Joe starting Monday morning at 9 a.m. on twitter.com
<https://twitter.com/thebodycoach/status/124060083458068480?s=08>

Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hold onto a chair and stand on your tiptoe for 1 minute. 	2 Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg. 	3 Jog in place for 30 seconds in every room of your home. 	4 Do 25 back leg kicks per leg. 	5 Hold the Superman pose while you say the alphabet back wards. Repeat 3 times. 	6 Rest Day	7 Do bicycle legs with a family member or friend for 60 seconds. 
8 Do 15 push-ups with a family member or friend. 	9 Do a side plank for 30 seconds each arm. 	10 Do side lunges 30 times per leg. 	11 In the Superman pose sit & touch all the ground and hold one entire page. 	12 Rest Day	13 Hold the Bird Dog position for 60 seconds per side. 	14 Do 50 Jumping Jacks with a family member or friend. 
15 Do 25 front lunges per leg with a family member or friend. 	16 Put your feet under the couch and do 30 curl-ups. 	17 Hold onto your toes while balancing on your bottom for 30 seconds. 	18 Rest Day	19 Do side legs 19 lifts 30 times per leg. 	20 Do high knees while singing the school song. 	21 Hold hands with a family member or friend and do 25 squats together. 
22 Challenge a family member or friend to a "balance on one foot with eyes closed without being balanced" contest. 	23 Challenge a family member or friend to a "laugh without laughing" competition. 	24 Rest Day	25 Do 30 Wall Push-ups. 	26 See how many push-ups you can do in 30 seconds. 	27 Put your feet under the couch and do 15 curl-ups. 	28 Challenge a family member or friend to a "TV balance" competition. 
29 Make up your own fitness challenge and draw it on the back of this paper. Rest Day	30 Rest Day	31 Pick One Of Your Favorite Days And Do it Again!!!	Student Name: _____ Parent Signature: _____ Classroom Teacher: _____		Check off (✓) when you finish each day	

200 touches daily challenge

ALL YOU NEED IS A BALL & A WALL

Solo	20 Left Foot 20 Right Foot
Pick Up	20 Left Foot 20 Right Foot
Fist Pass	20 Left Hand 20 Right Hand
Punt Kick	20 Left Foot 20 Right Foot
Body Catch	20
High Catch	20

