



April 2020

Family Fitness Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DAILY CHALLENGE: CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle. For each daily activity, try to move consistently without stopping for at least 15 minutes. If you move for 20 minutes, GREAT! If you move for 30 minutes, EVEN BETTER! If you move for 60 minutes, AWESOME!</p>			<p>1 <u>Standing Abs</u> Stand with legs apart, toes slightly turned out, knees bent. Lean side to side attempting to touch your elbow to your knee. Keep your body upright.</p>	<p>2 <u>Abdominals</u> 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat!</p>	<p>3 <u>Triathlon</u> <u>Swim</u>- lay on belly, kick arms and legs. 30 seconds <u>Bike</u>- bicycle crunches 30 seconds <u>Run</u>- stand up and run in place 30 seconds. Repeat.</p>	<p>4 <u>Criss Cross Jacks</u> Jumping jacks that cross 1 leg in front of the other as the legs come together and raising the opposite arm in the air. Open legs apart and switch to other leg and arm.</p>
<p>5 <u>Triceps</u> Sit on the floor, bend knees, feet flat on the floor. Lean back on hands. Bend elbows and lean back as far as you can. Push back up to sitting. To make it harder, straighten legs out in front.</p>	<p>6 <u>Burpees</u> Feet together, arms up. Squat down, touch ground, jump back into pushup position, jump back in, stand up and jump up in the air. Try doing 10 in a row without stopping.</p>	<p>7 <u>Planks In and Out</u> Hold a plank position (push-up position). Jump both feet in close to hands at the same time. Jump back out. Try doing 20 in a row without stopping. Repeat.</p>	<p>8 <u>Kick Walk</u> Hold arms out in front of your body. Keeping legs straight, begin to step and kick attempting to touch your foot to your hands. Try to do it for 50 feet. Then stop turn around and repeat.</p>	<p>9 <u>Feet Switches</u> Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?</p>	<p>10 <u>Side Lunges</u> Stand with legs apart. Lunge to the right side and touch the ground with left hand. Lunge to the left and touch the ground with right hand. Try 20 in a row.</p>	<p>11 <u>Power Jacks</u> Like jumping jacks, but jump out into a squat and then jump back in. Do as many as you can in 1 minute.</p>
<p>12 <u>Triathlon</u> <u>Swim</u>- lay on belly, kick arms and legs. 30 seconds <u>Bike</u>- bicycle crunches 30 seconds <u>Run</u>- stand up and run in place 30 seconds. Repeat.</p>	<p>13 <u>Locomotor Skills</u> Practice your locomotor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes</p>	<p>14 <u>Side Plank Hold</u> In the plank position (push-up position), take one hand off the floor and turn to the side. Balance as long as you can. Switch.</p>	<p>15 <u>Wide Tire Run</u> Run in place with your legs wide as if attempting to step inside a tire each time. Try to run for 30 seconds.</p>	<p>16 <u>Wall Sits</u> Place back on the wall while keeping your knees at 90 degrees.</p>	<p>17 <u>High Knee Punch</u> Run in place with high knees. At the same time, punch arms straight up to the ceiling alternating right and left.</p>	<p>18 <u>Hula Hoop</u> Hula hoop for 100 consecutive rotations. Do it 10 different times. Take a break if you need to. Don't have a hula hoop? Pretend hula hoop!</p>
<p>19 <u>Feet Switches</u> Jump and switch feet, placing a different foot in front each time you land. How many can you do in 1 minute?</p>	<p>20 <u>Jump Rope</u> See how many different ways you can jump rope. Can you do each one for 1- minute straight?</p>	<p>21 <u>Criss Cross Jacks</u> Jumping jacks that cross 1 leg in front of the other as the legs come together and raising the opposite arm in the air. Open legs apart and switch to other leg and arm.</p>	<p>22 <u>Locomotor Skills</u> Practice your locomotor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes</p>	<p>23 <u>Aerobics</u> Do an aerobic activity of your choice for at least 15 minutes. Try not to stop! Get your heart rate up! Aerobics can be running, dancing biking, skating, jumping rope...</p>	<p>24 <u>Wide Tire Run</u> Run in place with your legs wide as if attempting to step inside a tire each time. Try to run for 30 seconds.</p>	<p>25 <u>Jumping Lunges</u> Lunge forward with one leg in front, jump and switch legs in the air landing in a lunge with the other leg in front. Try 20 in a row. Always land with bent knees.</p>
<p>26 <u>Power Skips</u> Skip as high and as far as you can. Do 20 in a row without stopping.</p>	<p>27 <u>Hula Hoop</u> Hula hoop for 100 consecutive rotations. Do it 10 different times. Take a break if you need to. Don't have a hula hoop? Pretend hula hoop!</p>	<p>28 <u>Abdominals</u> 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat!</p>	<p>29 <u>High Knee Punch</u> Run in place with high knees. At the same time punch arms straight up to the ceiling alternating right and left.</p>	<p>30 <u>You Decide</u> What was your favorite activity this month? Give it another try!</p>		

