



March 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>Family Adventure</u></p> <p>Go for a hike with your family today. Try to keep a vigorous pace and work up a sweat.</p>	<p>2 <u>Create</u></p> <p>Create a new game with a friend today using a ball.</p>	<p>3 <u>The Jumping Leprechaun</u></p> <p>Practice jumping as high as you can. Repeat for 1 minute.</p>	<p>4 <u>Tape It Front</u></p> <p>Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. Repeat 10 times.</p>	<p>5 <u>Rock, Paper, Scissor Tag</u></p> <p>Meet in the middle, shoot, and the winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p>6 <u>Bike Ride</u></p> <p>Go for a bike ride for at least 1 hour. Don't have a bike? Go for a walk/jog or do bicycle crunches.</p>	<p>7 <u>Dance</u></p> <p>Put on your favorite song and make up a dance to it. Teach your dance to someone else. Perform it for an audience.</p>
<p>8</p> <p>Spring Break</p> <p>Get outside and get moving!</p>	<p>9</p> <p>Spring Break</p> <p>Get outside and get moving!</p>	<p>10</p> <p>Spring Break</p> <p>Get outside and get moving!</p>	<p>11</p> <p>Spring Break</p> <p>Get outside and get moving!</p>	<p>12</p> <p>Spring Break</p> <p>Get outside and get moving!</p>	<p>13</p> <p>Spring Break</p> <p>Get outside and get moving!</p>	<p>14</p> <p>Spring Break</p> <p>Get outside and get moving!</p>
<p>15 <u>Skill Practice</u></p> <p>Dribble any ball 100 times with your dominant hand. Switch and do another 100 dribbles with your non-dominant hand.</p>	<p>16 <u>Total Body</u></p> <p>10 squats 10 push-ups 10 walking lunges 10 jumping jacks Repeat</p>	<p>17 <u>Jog</u></p> <p>Go for a jog at a good steady pace for 15 minutes. Try to do it without stopping, but stop if you need to.</p>	<p>18 <u>Jumping Jacks</u></p> <p>Execute jumping jacks for 1 minute without stopping. Take a break for 1-minute. During the break, do as many crunches as you can. Repeat for 15 minutes.</p>	<p>19 <u>Locomotor Skills</u></p> <p>Practice your locomotor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes.</p>	<p>20 <u>Raise the Roof!</u></p> <p>Do body squats and lift your arms over your head at the top of your squat. Do them until you are tired!</p>	<p>21 <u>Shadow Boxing</u></p> <p>Without touching anyone, punch down to the ground towards your own shadow.</p>
<p>22 <u>Jump Rope</u></p> <p>See how many different ways you can jump rope. Can you do each one for 1-minute straight?</p>	<p>23 <u>Raise the Roof!</u></p> <p>Do body squats and lift your arms over your head at the top of your squat. Do them until you are tired!</p>	<p>24 <u>Power Skips</u></p> <p>Skip as high and as far as you can. Do 20 in a row without stopping.</p>	<p>25 <u>Jump Rope</u></p> <p>Grab a jump rope. Jump rope until you miss.</p>	<p>26 <u>Hopscotch</u></p> <p>Make a hopscotch court and play.</p>	<p>27 <u>Total Body</u></p> <p>10 squats 10 push-ups 10 walking lunges 10 jumping jacks Repeat</p>	<p>28 <u>Locomotor Skills</u></p> <p>Practice your locomotor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes.</p>
<p>29 <u>Ski Jumps</u></p> <p>Pretend you are a skier. Jump side to side as if you were skiing down a mountain. Don't forget to use your arms!</p>	<p>30 <u>Aerobics</u></p> <p>Do an aerobic activity of your choice for 20 minutes. Don't stop! Get your heart rate up! Aerobics are activities like running, biking, skating, jump rope...</p>	<p>31 <u>Total Body</u></p> <p>10 squats 10 push-ups 10 walking lunges 10 jumping jacks Repeat</p>				

