



May 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>Hopscotch</u> Make a hopscotch court and play.</p>
<p>3 <u>Abdominals</u> 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat!</p>	<p>4 <u>Power Skips</u> Skip as high and as far as you can. Do 20 in a row without stopping.</p>	<p>5 <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>6 <u>Inchworms</u> Keeping your legs straight, place your hands on the ground, walk them into pushup position, then walk your legs back to your hands.</p>	<p>7 <u>Ski Jumps</u> 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>8 <u>Push Ups!</u> See how many push-ups you can do. Take a 1-minute break and try again.</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>Tape It Front</u> 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>11 <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>12 <u>Loco-motor Skills</u> Practice your loco-motor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes.</p>	<p>13 <u>Dance</u> Put on your favorite song and make up a dance to it.</p>	<p>14 <u>Skill Practice</u> Dribble any ball 100 times with your dominant hand. Switch and do another 100 dribbles with your non-dominant hand.</p>	<p>15 <u>Total Body</u> 10 squats 10 push-ups 10 walking lunges 10 Jumping jacks Repeat</p>	<p>16 <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>17 <u>Push Ups!</u> See how many push-ups you can do. Take a 1 minute break and try again.</p>	<p>18 <u>Loco-motor Skills</u> Practice your loco-motor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes</p>	<p>19 <u>Jump Rope</u> See how many different ways you can jump rope. Can you do each one for 1 minute straight?</p>	<p>20 <u>Jumping Jacks</u> Execute jumping jacks for 1 minute without stopping. Break for 1 minute. During the break, do as many crunches as you can. Repeat for 15 minutes.</p>	<p>21 <u>Power Skips</u> Skip as high and as far as you can. Do 20 in a row without stopping.</p>	<p>22 <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>23 <u>Shadow Boxing</u> Without touching anyone, punch down to the ground towards your own shadow.</p>
<p>24 <u>Abdominals</u> 10 sit-ups 10 leg lifts 10 bicycle crunches 10 regular crunches Repeat! ----- 31</p>	<p>25 <u>Holiday</u></p>	<p>26 <u>Sliders</u> Feet together, knees bent, slide to the right side landing on right leg. Slide to the left side landing on the left leg. Try 20 in a row.</p>	<p>27 <u>Ski Jumps</u> 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>28 <u>You Decide</u> What was your favorite activity this month? Give it another try!</p>	<p>29</p>	<p>30</p>

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