## Fitness Calendar
### 2020 ~ Mr. DiPlatzi & Ms. Atkinson Fitness Calendar

**Hill Elementary School**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 15</td>
<td>March 16</td>
<td>March 17</td>
<td>March 18</td>
<td>March 19</td>
<td>March 20</td>
<td>March 21</td>
</tr>
<tr>
<td>50 Lunges</td>
<td>Yoga</td>
<td>Dance Party!!</td>
<td>No junk food all day!</td>
<td>200 Jumping Jacks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&amp; 50 Squats</td>
<td>(Put on some music and dance!!)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 22</td>
<td>March 23</td>
<td>March 24</td>
<td>March 25</td>
<td>March 26</td>
<td>March 27</td>
<td>March 28</td>
</tr>
<tr>
<td>Physical Activity of your choice!</td>
<td>Dance Party!!</td>
<td>Jump rope/jumps for 8 minutes</td>
<td>Jog for 15 Minutes</td>
<td>Balance on one foot for 5 minutes, then switch feet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Put on some music and dance!!)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 29</td>
<td>March 30</td>
<td>March 31</td>
<td>April 1</td>
<td>April 2</td>
<td>April 3</td>
<td>April 4</td>
</tr>
<tr>
<td>Touch your toes for 30 seconds 7 times</td>
<td>90 Star Jumps</td>
<td>Flexibility Day!</td>
<td>Dance Party!!</td>
<td>100 Sit-Ups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Put on some music and dance!!)</td>
<td>Touch your toes for 30 seconds 7 times</td>
<td>(Put on some music and dance!!)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>April 5</td>
<td>April 6</td>
<td>April 7</td>
<td>April 8</td>
<td>April 9</td>
<td>April 10</td>
<td>April 11</td>
</tr>
<tr>
<td>Jog in place for 2 minutes and then do 25 push-ups</td>
<td>Do as many exercises as you know in 20 minutes!</td>
<td>100 Star Jumps</td>
<td>Practice as many stretches as you know for 5 minutes</td>
<td>Do 100 Calf Raises! 100 Jumping Jacks</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>April 15</td>
<td>April 16</td>
<td>April 17</td>
<td>April 18</td>
</tr>
<tr>
<td>Run up and down stairs for 10 minutes</td>
<td>100 Jumping Jacks</td>
<td>100 Lunges &amp; 100 Squats</td>
<td>Do five 1-minute Planks</td>
<td>Dance Party!!</td>
<td>(Put on some music and dance!!)</td>
<td></td>
</tr>
</tbody>
</table>
Above is a Fitness Calendar. We encourage students to complete the exercise or activity for each day of the week. The exercises listed on the calendar will help students maintain or improve strength, fitness, and flexibility while they are not in school. There are some YouTube links that students can view if they need help with how to perform each exercise. I encourage all students to have fun with these exercises and I look forward to seeing everyone when we return.

*************** KEEP SCROLLING FOR MORE FUN PHYSICAL ACTIVITIES***************

Push-Ups  [https://www.youtube.com/watch?v=rjc0O70XS3g](https://www.youtube.com/watch?v=rjc0O70XS3g)

Sit-Ups    [https://www.youtube.com/watch?v=1fbU_MkV7NE](https://www.youtube.com/watch?v=1fbU_MkV7NE)

Calf Raises [https://www.youtube.com/watch?v=_iYwv4QVFjM](https://www.youtube.com/watch?v=_iYwv4QVFjM)

Lunges     [https://www.youtube.com/watch?v=QOVaHwm-Q6U](https://www.youtube.com/watch?v=QOVaHwm-Q6U)

Squats     [https://www.youtube.com/watch?v=aclHkVaku9U](https://www.youtube.com/watch?v=aclHkVaku9U)
<table>
<thead>
<tr>
<th>1st time</th>
<th>Heads:</th>
<th>Tails:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd time</td>
<td>15 jump squats</td>
<td>25 calf raises</td>
</tr>
<tr>
<td>3rd time</td>
<td>.60 jog in place</td>
<td>25 jumping jacks</td>
</tr>
<tr>
<td>4th time</td>
<td>20 kneeling pushups</td>
<td>10 pushups</td>
</tr>
<tr>
<td>5th time</td>
<td>20 jumping jacks</td>
<td>:50 jog in place</td>
</tr>
<tr>
<td>6th time</td>
<td>40 high knees</td>
<td>40 jumping jacks</td>
</tr>
<tr>
<td>7th time</td>
<td>35 crunches</td>
<td>20 sit-ups</td>
</tr>
<tr>
<td>8th time</td>
<td>10 pushups</td>
<td>20 kneeling pushups</td>
</tr>
<tr>
<td>9th time</td>
<td>.60 jog in place</td>
<td>25 jumping jacks</td>
</tr>
<tr>
<td></td>
<td>50 crunches</td>
<td>20 sit-ups</td>
</tr>
</tbody>
</table>
TABATA

1. PUSH-UPS
   - 10 SEC REST
   - 20 SEC MOVE

2. SKIER JUMPS
   - 10 SEC REST
   - 20 SEC MOVE

3. ALT. LEG KICKS
   - 10 SEC REST
   - 20 SEC MOVE

4. BURPEES
   - 10 SEC REST
   - 20 SEC MOVE

5. SQUATS
   - 10 SEC REST
   - 20 SEC MOVE

6. JOG IN PLACE
   - 10 SEC REST
   - 20 SEC MOVE

HIGH INTENSITY INTERVAL TRAINING
## Daily Fitness Challenge for Kids

<table>
<thead>
<tr>
<th>A: 10 Jumping Jacks</th>
<th>N: 4 Lunges</th>
</tr>
</thead>
<tbody>
<tr>
<td>B: 30 Second Plank</td>
<td>O: 3 Burpees</td>
</tr>
<tr>
<td>C: Crab Walk</td>
<td>P: 10 Second Butterfly</td>
</tr>
<tr>
<td>D: 10 Push Ups</td>
<td>Q: Run in Place 1 Min</td>
</tr>
<tr>
<td>E: 10 Sit Ups</td>
<td>R: 7 Jumping Jacks</td>
</tr>
<tr>
<td>F: 5 Cartwheels</td>
<td>S: 4 Leg Kicks</td>
</tr>
<tr>
<td>G: Headstand</td>
<td>T: 5 Sit Ups</td>
</tr>
<tr>
<td>H: 4 Somersaults</td>
<td>U: 15 Second Plank</td>
</tr>
<tr>
<td>I: Duck Walk</td>
<td>V: 3 Cartwheels</td>
</tr>
<tr>
<td>J: Jump In Air 5 Times</td>
<td>W: Crab Walk</td>
</tr>
<tr>
<td>K: Touch Toes 6 Times</td>
<td>X: 2 Somersaults</td>
</tr>
<tr>
<td>L: Spin Around 3 Times</td>
<td>Y: 5 Lunges</td>
</tr>
<tr>
<td>M: 10 Leg Kicks</td>
<td>Z: Duck Walk</td>
</tr>
</tbody>
</table>

Spell each day of the week for a daily workout!
Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say “Simon Says”!

- Shake your whole body.
- Jump up and down.
- Spin around in circles.
- Do a cartwheel.
- Do a somersault.
- Wave your arms above your head.
- Walk like a bear on all 4s.
- Walk like a crab.
- Hop like a frog.
- Walk on your knees.
- Lay on your back & pedal your legs in the air like you are on a bike.
- Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.
- Hold your arms out at your side and make circles with them in the air.
- Hop on your left foot 10 times.
- Hop on your right foot 10 times.
- Hop around like a bunny.
- Balance on your left foot for a count of 10.
- Balance on your right foot for a count of 10.
- Bend down and touch your toes 10 times.
- Reach behind you and try and hold your left foot with your right hand without falling over.
- Reach behind you and try and hold your right foot with your left hand without falling over.
- Lay on the floor and stretch out as far you can for 10 a count of 10.
- Pretend to shoot a basketball 10 times.
- Pretend to jump rope for a count of 10.
- Pretend to ride a horse.
- Pretend to milk a cow.
- Take 5 of the biggest steps forward that you can.
- Do the strangest dance you can think of.
- Show off the muscles in your arms.
- Scream.

WWW.THEYSMELL.COM
PLAYING CARD FITNESS

A - 35 JUMPING JACKS
K - 4 BURPEES
Q - 23 LINE JUMPS
J - JOG/WALK 3 LAPS
10 - SQUATS
9 - CURL UPS
8 - 12 LUNGES
7 - HEEL RAISES
6 - BUPEES
5 - PLANK FOR 21 SECONDS!
4 - 7 REVERSE LUNGES
3 - MOUNTAIN CLIMBERS
2 - 4 PUSH UPS
<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
<th>J</th>
<th>K</th>
<th>L</th>
<th>M</th>
</tr>
</thead>
<tbody>
<tr>
<td>jump up &amp; down 10 times</td>
<td>spin around in a circle 5 times</td>
<td>hop on one foot 5 times</td>
<td>run to the nearest door and run back</td>
<td>walk like a bear for a count of 5</td>
<td>do 3 cartwheels</td>
<td>do 10 jumping jacks</td>
<td>hop like a frog 8 times</td>
<td>balance on your left foot for a count of 10</td>
<td>balance on your right foot for a count of 10</td>
<td>march like a toy soldier for a count of 12</td>
<td>pretend to jump rope for a count of 20</td>
<td>do 3 somersaults</td>
</tr>
<tr>
<td>N</td>
<td>O</td>
<td>P</td>
<td>Q</td>
<td>R</td>
<td>S</td>
<td>T</td>
<td>U</td>
<td>V</td>
<td>W</td>
<td>X</td>
<td>Y</td>
<td>Z</td>
</tr>
<tr>
<td>pick up a ball without using your hands</td>
<td>walk backwards 50 steps and skip back</td>
<td>walk sideways 20 steps and hop back</td>
<td>crawl like a crab for a count of 10</td>
<td>walk like a bear for a count of 5</td>
<td>bend down and touch your toes 20 times</td>
<td>pretend to pedal a bike with your hands for a count of 17</td>
<td>roll a ball using only your head</td>
<td>flap your arms like a bird 25 times</td>
<td>pretend to ride a horse for a count of 15</td>
<td>try and touch the clouds for a count of 15</td>
<td>walk on your knees for a count of 10</td>
<td>do 10 push-ups</td>
</tr>
</tbody>
</table>

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM
ROLL OF THE DICE WORKOUT

Want a different workout every time?
Just roll the dice!

All you need is 2 dice and some room to workout*.
Each workout should include at least 10 dice rolls, but you can do more based upon your fitness level.
The sum of the 2 dice determines the activity you do.

ROLL a 2 - 200 jumping jacks
ROLL a 3 - 30 lunges (15 each side)
ROLL a 4 - 30 high knees (15 each side)
ROLL a 5 - 15 pushups
ROLL a 6 - 25 crunches
ROLL a 7 - 30 squats
ROLL an 8 - 40 mountain climbers (20 each side)
ROLL a 9 - 40 skaters (20 each side)
ROLL a 10 - 100 jump ropes (no rope)
ROLL an 11 - 30 butt kicks (15 each side)
ROLL a 12 - 15 burpees

*Consult a physician before starting any exercise program
WWW.THEYSMELL.COM
Top 10 Cardiovascular Endurance Exercises

- Crisscross Jumps
- Frog Jumps
- Superball Bounce
- Boxer Bounces
- Run in Place
- High Knee March
- Jump Rope
- Scissor Steps
- Mountain Climbers
- Jumping Jacks