

# Physical Activity Calendar

(Grades 3 & 4)

### Assignment

Do **14** of the following activities (4 pts each)

Have **parent sign** activity square when completed.

Due: **Nov. 1st** If turned in after the due date, 25% will be taken off. PACs will no longer be accepted 1 week after due date.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 Walk</b> at different paces, run, skip, hop, jump, gallop, leap and slid in different directions for 5 min	<b>2 Reverse Lunges to Front Kicks</b> Do a reverse lunge and transition into a front kick with the same leg 10xs then switch.	<b>3 Balance</b> Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10xs then switch sides.	<b>4</b> Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	<b>5 Cardio Day!</b> 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups
<b>6 Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times, slowly. Then repeat with your right shoulder 10 times, slowly.	<b>7 10 Min Your Choice Activity:</b> If you play sports, this is a great place to document that physical activity. Tell me what you did:	<b>8 Leg Day!</b> 20 squats 20 walking lunges 20 high knees	<b>9 Jumping Jacks</b> Try and complete 10 sets of 10 jumping jacks today.	<b>10</b> <b>Run</b> in place for one minute then complete 10 pushups. Try and repeat 10 times.	<b>11 Shuffle Squat</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. 10x	<b>12 Hallway Sprint</b> Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch Got more energy? Do it again!
<b>13</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold. Repeat.	<b>14</b> Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the	<b>15 10 Min Your Choice Activity:</b> If you play sports, this is a great place to document that physical activity. Tell me what you did:	<b>16</b> 10 tricep dips, 15 second seated straddle stretch, 20 crunches, 25 jump rope	<b>17 Walking High Knees</b> Walk forward 20 steps and on each step pull your knee up to your chest and do a calf raise with your knee up.	<b>18 10 Switch Lunges</b> Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg	<b>19</b> Jump rope as fast as you can for one minute, then rest for 1 minute.
<b>20</b> High knees for 30 seconds then stretch a body part. Repeat 10 times, stretching a new body part each time.	<b>21</b> 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.	<b>22 Leg Day!</b> 20 squats 20 walking lunges 20 high knees	<b>23 10 Min Your Choice Activity:</b> If you play sports, this is a great place to document that physical activity. Tell me what you did:	<b>24 Shuttle Run</b> Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time	<b>25</b> 10 Butt Kicks 10 high knees Stretch Repeat	<b>26</b> Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps
<b>27 Walking High Knees</b> Walk 10 steps, on each step pull your knee up to your chest and do a calf raise with your knee up. Repeat.	<b>28 Stair Jog</b> up and down a flight of stairs 10 times. Try to skip a step for an extra challenge	<b>29</b> Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps	<b>30 10 Min Your Choice Activity:</b> If you play sports, this is a great place to document that physical activity. Tell me what you did:	<b>31</b> Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat.	<b>P.A.C.s Due Wed. Nov. 1st</b>	