

# Physical Activity Calendar

(Grades 3 & 4)

### Assignment

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

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

Due: **Dec. 2nd** 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>P.A.C.s Due Mon. Dec. 2nd</b>				<b>1</b> Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 x ea	<b>2 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>3</b> Walking High Knees Walk forward and on each step pull knee up to chest , do a calf raise with knee up. 10 x ea	<b>4 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>5</b> 10 frog jumps, 10 sit-ups, 10 push-ups, 10 second superman hold. Repeat	<b>6</b> Hold for 10 seconds Right Side Plank Left side plank Superman Rest Repeat 10 times	<b>7</b> Leg Day 20 squats 20 walking lunges 20 high knees	<b>8</b> Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	<b>9</b> Jumping Jacks Try and complete 10 sets of 10 jacks today.
<b>10</b> 10 tricep dips 15 second seated straddle stretch 20 crunches 25 jump rope reps	<b>11</b> Run upstairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	<b>12 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>13</b> Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups	<b>14</b> Hallway Sprint Sprint down a hallway 10 tuck <b>jumps Sprint back down 10 jumping jacks</b> Stretch Got more energy? Do it again!	<b>15</b> 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.	<b>16</b> Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day
<b>17</b> Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat	<b>18</b> Balance Stand on right leg, lift your left knee at a 90-degree angle. Touch toes without falling. 10 x ea	<b>19</b> Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	<b>20 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>21</b> 10 Switch Lunges Complete a right leg lunge, while in the down position <b>jump up landing in a</b> lunge position on the left leg.	<b>22</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	<b>23</b> 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.
<b>24</b> Leg Day 20 squats 20 walking lunges 20 high knees	<b>25</b> Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.	<b>26</b> 10 Butt Kicks 10 high knees Stretch Repeat 10 times	<b>27</b> Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps	<b>28 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>29</b> Jump rope as fast as you can for one minute, then rest for 1 minute.	<b>30</b> Walking Practice walking at different paces, running, skipping, leaping and sliding in different directions