








At-Home Elementary Health/Physical Education Challenge!

ACPS Elementary Students

Week 1 Dynamic Moves	Time to move!	1	2	3	4	5	6	7
		Perform 100 jumping jacks – take as many breaks as you need!	“Lunge” (long, slow, bending, steps) your way across a room . . . three times!	Bend down all the way and explode up jumping as high as you can – 10 times	With hands on hips, slowly kick out each leg so that it’s parallel with the ground—and then back (20 times)	With legs spread wide an arms at sides straight out, rotate side to side for 1 minute.	Marching in place, touch right knee to left elbow (and then opposite) – 30 times	In the push up position, alternate lifting each hand to opposite shoulder – 1 min
Week 2 Yoga Time!	Ready to balance? Try to copy the poses and hold them for 30 seconds	8	9	10	11	12	13	14
								
Week 3 Safety in Numbers	Involve someone else at home with these moves	15	16	17	18	19	20	21
		Play catch with a parent/guardian or sibling with a balled-up sock for 10 minutes.	Come up with 5 long and creative “high 5” routines with a partner.	Design a 30 second dance routine and ask someone at home to perform it.	Teach someone else how to slow motion invisible juggle!	Rest back-to-back with someone at home for 1 minute—knees bent, backs together.	Have a snowball fight (crumpled up pieces of paper) then clean up!	Standing a foot apart, touch one hand and then one foot at a time, slow – 1 minute
		22	23	24	25	26	27	28

Week 4 Personal Records	Perform and record your best score at each task	Toss up and catch a tennis ball (or other small ball) with your non-dominant hand.	Balance on one foot while holding the other with one hand.	Do as many push-ups in a row as you can – give yourself 3 tries throughout the day.	Do as many jumping jacks as you can in 20 seconds – 3 tries.	Balance a book on your head while walking slowly.	How many one-legged squats can you do?	How long can you hold a plank position? (push-up like, but on your elbows)
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Directions: Students, please circle each day that you are able to complete the task listed in each box. At the end of the ---- please return your calendar to your teacher for a chance to win a prize!