

PE Fitness Challenge for Kids - Printable Calendar



Fitness Challenge

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8 Basic Lunges 8 Squat Jumps	30 Heel Kicks 8 Jump and Twists	CARDIO DAY (2 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	8 Basic Lunges 8 Squat Jumps	30 Heel Kicks 8 Jump and Twists	8 Basic Lunges 8 Squat Jumps
30 Heel Kicks 8 Jump and Twists	11 Basic Lunges 10 Squat Jumps	40 Heel Kicks 10 Jump and Twists	CARDIO DAY (2.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	11 Basic Lunges 10 Squat Jumps	40 Heel Kicks 10 Jump and Twists	11 Basic Lunges 10 Squat Jumps
40 Heel Kicks 10 Jump and Twists	15 Basic Lunges 12 Squat Jumps	50 Heel Kicks 12 Jump and Twists	CARDIO DAY (3.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	15 Basic Lunges 12 Squat Jumps	50 Heel Kicks 12 Jump and Twists	15 Basic Lunges 12 Squat Jumps
50 Heel Kicks 12 Jump and Twists	17 Basic Lunges 15 Squat Jumps	60 Heel Kicks 15 Jump and Twists	CARDIO DAY (4 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	17 Basic Lunges 15 Squat Jumps	60 Heel Kicks 15 Jump and Twists	17 Basic Lunges 15 Squat Jumps
60 Heel Kicks 15 Jump and Twists	20 Basic Lunges 20 Squat Jumps	100 Heel Kicks 20 Jump and Twists	CARDIO DAY (5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE			

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!

- For Basic Lunges, do the number listed for each side.
- CARDIO DAY - choose one, a combination, or all activities listed.

Find the visuals for each fitness activity below.

Special thanks to the
Alliance for a Healthier Generation

Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS
PRE-GAME

BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

HealthierGeneration.org

FITNESS BREAKS
MVP

SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. Repeat.

HealthierGeneration.org

FITNESS BREAKS
PRE-GAME

Heel KICKS

Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

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FITNESS BREAKS
OVERTIME

JUMP AND Twist

Jump up and rotate body. Land softly on the balls of the feet.

HealthierGeneration.org

Kids Exercise Calendar

AN Whitehead



Kids Exercise Calendar:

Exercise for Children and Teens IDEA Health & Fitness,1997 **The Executive Functioning Skills Workbook for Kids** Rob Plevin,2023-12-12 Get ready for success with The Executive Functioning Skills Workbook for Kids This is your ticket to discovering super cool ways to be the best version of yourself You ll learn how to Manage your time so you never miss out on fun Stay super focused even when there s a lot happening around you Keep your stuff neat tidy and organised Get started and get things done without wasting time Stay on track and keep going on tasks even when things get tough Understand your feelings and manage your mood Boost your memory making schoolwork a breeze Why parents buy this workbook Through a diverse range of interactive activities and reflective exercises this workbook offers children the tools they need to develop and improve executive functioning skills in various facets of their life They ll delve into the importance of time management memory decision making emotional regulation perseverance planning and organisation setting them on a path to success at school and beyond Perfect for kids who want to get ahead this workbook is a fun and practical guide to mastering the skills that make a difference Whether it s acing school projects keeping their room organised or managing their time for maximum fun this book has it all Get your copy today The Everything Parents' Guide to ADHD in Children Carole Jacobs,Isadore Wendel,2010-06-18 A roadmap to a common but complicated disorder Is there a cure for ADHD What symptoms should you be looking for Could your child be misdiagnosed When your child is diagnosed with ADHD you want to do all you can to get the help you need to support your child Unfortunately the vast amount of information on ADHD can be overwhelming and leave you feeling frustrated stressed and powerless to help But with the professional accessible advice presented here you can get the one stop support you need to Obtain and understand a diagnosis Find the right treatment Discipline your child effectively Get your child to focus at home and school Stay positive and encourage your child This guide provides an all encompassing look at ADHD so that you can feel confident about taking the necessary steps to create a better future for your child ACSM's Complete Guide to Fitness & Health, 2E American College of Sports Medicine,Bushman, Barbara,2017-01-23 ACSM s Complete Guide to Fitness Health Second Edition offers the most current exercise and nutrition guidelines along with assessments exercises activities and programs for varying ages special conditions and fitness goals Authoritative and comprehensive it makes adding enhancing or customizing a fitness and health routine safe and effective

Clinical Exercise Physiology Jonathan K. Ehrman,Paul M. Gordon,Paul S. Visich,Steven J. Keteyian,2013 Clinical Exercise Physiology Third Edition provides a comprehensive look at the clinical aspects of exercise physiology by thoroughly examining the relationship between exercise and chronic disease and addressing diseases and populations that clinical exercise physiologists encounter in their work **Clinical Exercise Physiology, 4E** Ehrman, Jonathan,Gordon, Paul,Visich, Paul,Keteyian, Steven,2019 Clinical Exercise Physiology Fourth Edition With Web Resource is the most comprehensive guide to the clinical aspects of exercise physiology Covering 24 chronic conditions it is the go to book for students preparing for

ACSM Clinical Exercise Physiologist certification Fit To Be Well Alton L. Thygerson, Steven M. Thygerson, 2018-02-08 The fifth edition of *Fit to Be Well Essential Concepts* provides students with the tools they need to reach the goal of good health and fitness by delving into exercise proper nutrition and stress management Its content is organized in a succinct easy to navigate manner that allows students to become more aware of each aspect of a physically fit lifestyle Using a wealth of special features and online learning tools the text encourages students to improve their eating habits by incorporating healthier foods into their diet increasing their level of physical activity keeping their body composition and weight at a healthy level increasing their self esteem and reducing stress An integrated lab manual found at the end of the text helps students build and implement a fitness program that will work with their individual needs and schedules *ACSM's Complete Guide to Fitness & Health* American College of Sports Medicine, Barbara A. Bushman, 2017-02-09 Here is the ultimate resource for maximizing your exercise and nutrition efforts In this new edition of ACSM's *Complete Guide to Fitness Health* you have an authoritative reference that allows you to apply research based guidance to your unique health and fitness needs With a focus across the life span this resource shows you how to pursue optimal health and fitness now and throughout the years to come The American College of Sports Medicine the largest and most respected sport science and medicine organization in the world has created this book to bridge the gap between science and the practice of making personal lifestyle choices that promote health This new edition contains age specific advice within the framework of the latest research thus helping you to avoid the lure of fads unfounded myths and misinformation You will learn these strategies Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health Optimize your weight and increase strength flexibility aerobic fitness and functional fitness Improve health and manage conditions such as diabetes cardiovascular disease cancer depression osteoporosis arthritis pregnancy and Alzheimer's disease through exercise and nutrition Monitor evaluate and tailor your exercise program for optimal results Featuring step by step instructions and full color photos for the most effective exercises sample workouts practical advice age specific physical activity and dietary guidelines and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles ACSM's *Complete Guide to Fitness Health* is a resource that belongs in every fitness enthusiast's library **What the Health** Eunice Wong, 2017-02-22 *What The Health* is the official stand alone companion book to the groundbreaking documentary of the same name directed by Kip Andersen and Keegan Kuhn directors of the award winning documentary *Cowspiracy The Sustainability Secret* If the film is a peephole then this book knocks down the entire door diving into expanded interviews extensive research and personal narratives Scientific literature shows that eating saturated fat mainly found in animal products like meat dairy and eggs is more strongly associated with death than smoking cigarettes Think about that If at a neighborhood cookout the dad next door offered you and your child a cigarette and a light how would you react And yet we accept with thanks the glistening beef burgers from that same dad What's the difference

between taking the cigarette and the burger The smell and the taste The social assumptions The habits The lack of knowledge Journey with Kip and Keegan as they crisscross the country talking to physicians dietitians cardiologists pediatricians bariatric surgeons lawyers economists activists and food safety advocates in a passionate search for the truth about the food we eat and the stunning implications for our health and the countrys cascade of killer diseases Along the way they meet Ren Miller whose home is routinely drenched by manure cannons from the factory farm next door slaughterhouse vet Dr Lester Friedlander who blew the whistle on Mad Cow Disease political prisoner Jake Conroy and world class athletes like former NFL defensive lineman David Carter and ultra endurance athlete Rich Roll who completed 5 Ironman triathlons in under a week and many other fascinating characters each with their own piece of the puzzle There is a health revolution brewing Many people know theres something terribly broken about the industrial food medical and pharmaceutical systems but they dont know what it is Its no wonder because there is an intricate political and corporate apparatus in place to keep them from finding out People think heart disease cancer and diabetes are inherited not realizing that what theyve actually inherited are the eating habits of their parents and grandparents Lifestyle choices like diet and lack of exercise are responsible for about 70 percent of deaths in this country Diseases that kill millions can be prevented or even reversed What The Health takes you on an adventure uncovering the lethal entwining of the food medical and pharmaceutical industries with our own government and the corporate legislative web designed to confuse the public and keep Americans chronically and profitably ill

Dharma Family Treasures Sandy Eastoak, 1997 In this updated revised second edition of Dharma Family Treasures Sandy Eastoak combines previous essays by lay and ordained Buddhist practitioners children spiritual teachers young adults educators parents writers and poets including Diane Di Prima Barbara Gates and Thich Nhat Hanh with nine new essays by Robert Aitken Richard Nelson Jin Harrison Sandy Eastoak and others This revised edition also includes a new section containing playful and educational childrens Buddhist songs

You Can Manage Your Time Better Lucy MacDonald, 2014-07-15 Everyday we struggle with time haunted by undone to do lists ever fuller inboxes and missed deadlines Often we are so busy over thinking the past and worrying about the future we forfeit our enjoyment of the present You Can Manage Your Time Better shows you how to maximize your time eliminate stress and reclaim your life Stress and anger management specialist Lucy MacDonald shares her expert tips for coping with time pressured situations from handling meetings at work to helping children study with exams With more than 25 simple step by step exercises that cover key life skills you will be able to defeat procrastination identify your values de clutter your admin delegate tasks have the confidence to say no and find the optimum life work balance This practical and inspiring guide will enable you to find time for the things that really matter to you and make the most of every day Effective time management can positively affect your overall quality of life poorly managed time can lead to feelings of frustration and stress new addition to the You Can series offering tried and tested practical tips to help you develop organizational skills Special sections geared toward parents

students and the workplace Written by qualified and award winning counselor who specializes in stress and anger management *Self-Love for Kids* Keri K. Powers,2022-06-14 Teach your kids to be confident independent and happy with over 150 easy fun activities you can do with your children to encourage everything from body positivity to positive self talk It s more important than ever to make sure your child develops a strong sense of self love even at a young age But how do you make sure you re building up their confidence while keeping them safe and exposing them to even greater challenges Introduce some self love into your daily routine with over 150 activities specifically designed to keep your child and their friends entertained all while giving them a positive self view In *Self Love for Kids* you ll learn everything you need to know about how self love self esteem and a growth mindset develop in children and what you can do to support that development From there you ll find games for both a group setting and for some one on one time to encourage self love such as asking your child to share what they are most proud of and problem solving activities that will boost their confidence So whether you re looking for new activities to entertain a few friends during playtime searching for fun but educational games you can play with your child yourself or even interested in ways to include virtual interactions this book has all the tools you need to help your child build their self love for a happy healthy confident life *Your Time, Your Way* Carl Pullein,2024-05-15 Is It Actually Possible to Do More in Less Time Discover How to Make the System Work for You Not the Other Way Around It s Tuesday morning you re stuck in traffic battling against the clock and there s so much to do Often enough we work long hours then get off to run errands and yet at the end of the day it feels like we ve accomplished nothing But what if there s a way not just to do more but do what truly matters Introducing *Your Time Your Way* Time Well Managed Life Well Lived by Carl Pullein A revolutionary approach to redefining your relationship with time in a fast paced world time is your true currency Written by author coach and 1 Time Management Guru Carl Pullein this productivity handbook presents an innovative meticulously crafted time management system that works for you Carl introduces the Time Sector System an incredibly user friendly system designed to help you master the art of time management Carl a true time tamer with a career spanning 20 years has helped not just individuals but global brands like KIA utilize their time efficiently and effectively And now he s here to help you By reading *Your Time Your Way* you will learn how to Prioritize tasks by importance not urgency Focus on what truly matters to you Avoid common pitfalls Another calendar app won t save your schedule Plan your day in a way that feels organic not overwhelming Master the art of time management Turn your intentions into actions and spend more time doing the things you love doing Implement the Time Sector System a fresh method to divide your tasks into areas of focus and to structure your goals in a way that is easy to maintain In his new book Carl has delved into the old to come up with the new *Your Time Your Way* simplifies the complexity of our modern world with advice that feels fresh current and applicable Drawing from real life examples it has the power to help you start living your best life today But I ve already tried every productivity system out there *Your Time Your Way* doesn t simply provide just another way to cross things off your list

It substantially urges you to reframe your point of view You are the master of your time not the prey of your tasks Whether you re a busy executive a stay at home parent or a college student Your Time Your Way provides all the necessary tools for a more organized fulfilled and balanced life **DHHS Publication No. (PHS).** ,1989 *The Men's Health Longevity*

Program ,2001 Introduces a comprehensive twelve week program for men that emphasizes a mind body approach to health and longevity and presents a variety of activities that range from aerobic exercise to anti stress techniques and nutrition

Fit Kids, Smarter Kids Jeff Galloway,2006-10 This book is loaded with motivation and practical information about blending exercise and healthy eating naturally into today s busy lifestyle It is a guide for parents teachers youth leaders and anyone who wants to enhance the life of a child by introducing him or her to enjoyable exercise From the Contents A guide for parents teachers youth leaders on how to make exercise fun Research showing how fit kids learn better are more successful Research on how the body bones etc respond positively to exercise Activities by age group Research on Childhood obesity and what can be **Children Today** ,1987 *Get Your Kids Hiking* Jeff Alt,2013-04-27 Hiking is a great way to relax connect with nature and enjoy time with your family Bringing your kids along can be rewarding for you and for them but it can also add new challenges and concerns to your trip Get Your Kids Hiking is loaded with everything you need to know to hit the trail with kids from gear to simple proven techniques that will make your hike safe and fun Written with both the novice and the seasoned hiker in mind Jeff Alt provides all the information you need to take your child out on the trail This books offers Age appropriate ways to include your child in all aspects of the hike Checklists of what to pack for any type of hike Kid friendly menus Advice for hiking with a child who has special needs Get Your Kids Hiking is the playbook to inspire an appreciation for the great outdoors in your children and keep your young child or teenager interested in a family hiking trip *When You Say 'thank You,' Mean It* Mary O'Donohue,2010-09-18 Everyone wants their children to be happy responsible and well adjusted but there s no rulebook to teach parents how to do so until now In this book you ll learn how Mary O Donohue a proud mother of two developed a practical program that allows parents to instill timeless values in their children over the course of one year Focusing on one key value a month the whole family can learn together through twelve fun and family friendly activities including Keeping a Gratitude Board Creating Respect Tiles Making a Compassion in Action Calendar Hosting an Earning for Learning Gameshow Starting a Life Map By inspiring common values such as lifelong learning a sense of joy and respect for others this unique guide offers purposeful advice for raising joyful thoughtful children who will make their world a better one to live in Newsletter ,1986

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