

APRIL Calendar



Name:

Teacher:

Purpose:

This calendar encourages students to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision). After a student completes a day's activity, an adult should make a check mark and initial in the space provided.

Please Remember to always get adult permission before doing any activity. Return calendar to your teacher at the end of Spring Break.



Click Below	✓ Done	Day	Calendar Activity
 # 1		1	Spring into Fitness: Day 1 - 1-minute HIIT
		2	Stand and read for 10 minutes. Now, take a walk for 10 minutes.
 # 2		3	Spring into Fitness: Day 3 - 1-minute HIIT
		4	Spring into Action: Help a neighbor or friend with some spring cleaning!
 # 3		5	Spring into Fitness: Day 5 - 1-minute HIIT
		6	Pick 5 different muscles to stretch. Hold each stretch for 30 seconds.
 # 4		7	Spring into Fitness: Day 7 - 1-minute HIIT
		8	Spring into Action: Plan to do something with your family outside to enjoy nature.
 # 5		9	Spring into Fitness: Day 9 - 1-minute HIIT
		10	Did you know ice cream has ~13 grams of fat? Go for a 20 min. walk with family.

Plan an activity each day with your child. Here are some fun, affordable ideas to get you started...



- Have a campout in the yard. Pitch a tent and barbecue outside.
- Feed the ducks. Find a local pond and don't forget the camera!
- Take a Spring hike adventure to explore science and nature.
- Bring spring inside. Plant flowers in little pots that the kids have decorated.
- Plan an afternoon at a local park. Take a picnic lunch, kites, balls & bats for a softball game.
- Set up an obstacle course in the house or backyard.