

# PE Home Fitness Challenge

## March/April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16	17 Watch your favorite TV show and perform an exercise during each commercial. Ex. Push-ups, squats, lunges, sit-ups, burpees	18 <b>FAMILY CHALLENGE:</b> Who can hold a plank the longest?	19 Run in place for 30 seconds in every room of your house.	20 Superman Challenge: Lay on your stomach and lift your legs and arms off the ground for 1 minute. Repeat 3 times.	21 <b>FAMILY CHALLENGE:</b> Who can do the most push-ups in your family?
22 Use the app Sworkit Kids and create your own exercise routine.	23 Make up a game that involves a ball and play with a family member or friend	24 Do a bear crawl around your house from room to room. Can you make it to every room in your house without stopping?	25 <b>BICYCLE CHALLENGE:</b> Lay on your back and pedal the bicycle for 1 minute. Repeat 3 times	26 <b>NO TV!!!</b> Go the entire night without watching any television.	27 Play "Hide N Seek" with your family and friends.	28 Scavenger Hunt: Make a list of 10 items in your house and see who can gather them first
29 <b>FAMILY CHALLENGE:</b> Dance to your favorite song and see who has the best dance moves	30 Help your family cook a healthy meal together. When you are done, clean up the dishes	31 Make up your own fitness challenge! Challenge your family members!	1 Use blankets and pillows to create a fort in your room and then do exercises inside	2 <b>STAIR CHALLENGE:</b> Find a set of stairs and go up and down as many times as you can!	3 <b>FAMILY CHALLENGE:</b> See who can do the most sit-ups in your family	4 Do a crab walk around your house from room to room. Can you make it to every room in your house without stopping?
5	6	7	8	9	10	11

**Enjoy your Spring Break!!!**

**PARENTS:** Activities can be checked off daily and also switched with others to accommodate convenience.