



# May 2018

## Family Fitness Daily Movement Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DAILY CHALLENGE:</b> CFISD would like to challenge all families to incorporate more movement into their daily routine for a healthier lifestyle.</p> <p>For each daily activity, try to move consistently without stopping for at least 15 minutes. If you move for 20 minutes, GREAT! If you move for 30 minutes, EVEN BETTER! If you move for 60 minutes, AWESOME!!!</p> <p>So, grab a family member or a friend and <b>GET MOVING TODAY!</b></p>		<p><b>1 Balance</b> Balance on one foot and tilt forward to make your body look like a table. One leg straight back and arms stretched straight out in front. Switch.</p>	<p><b>2 Stair Climbing</b> With an adult family member, walk up and down the stairs for 15 minutes. No Stairs? Find a hill, incline, or step bench.</p>	<p><b>3 Ski Jumps</b> Pretend you are a skier. Jump side to side as if you were skiing down a mountain. Don't forget to use your arms!</p>	<p><b>4 Walking</b> Go for a walk with a grandparent or adult relative who takes care of you.</p>	<p><b>5 Hopscotch</b> Make a hopscotch court and play with your family.</p>
<p><b>6 Play</b> Grab a few friends and play a few tag games like "Capture the Flag".</p>	<p><b>7 Run</b> See how fast you can run a mile. Have a family member time you.</p>	<p><b>8 Catch</b> Practice your catching skills by catching a ball thrown to you by someone else.</p>	<p><b>9 Inchworms</b> Keeping your legs straight, place your hands on the ground, walk them into pushup position, then walk your legs back to your hands.</p>	<p><b>10 Jump Rope</b> Grab a jump rope and grab a friend. Take turns jumping rope. Jump rope until you miss before passing the rope to your friend.</p>	<p><b>11 Family Adventure</b> Go for a hike with your family today. Try to keep a vigorous pace and work up a sweat.</p>	<p><b>12 Create</b> Create a new game with a friend today using a ball.</p>
<p><b>13 Tape It Front</b> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. Repeat 10 times.</p>	<p><b>14 Rock, Paper, Scissor Tag</b> Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p><b>15 Bike Ride</b> Go for a bike ride for at least 1 hour. Don't have a bike? Go for a walk/jog, or do bicycle crunches.</p>	<p><b>16 Dance</b> Put on your favorite song and make up a dance to it. Teach your dance to someone else. Perform it for an audience.</p>	<p><b>17 Skill Practice</b> Dribble any ball 100 times with your dominant hand. Switch and do another 100 dribbles with your non-dominant hand.</p>	<p><b>18 Total Body</b> 10 squats 10 push-ups 10 walking lunges 10 Jumping jacks Repeat</p>	<p><b>19 Jog</b> Go for a jog at a good steady pace for 15 minutes. Try to do it without stopping, but stop if you need to.</p>
<p><b>20 Push Ups!</b> See how many push-ups you can do. Take a 1 minute break and try again.</p>	<p><b>21 Loco-motor Skills</b> Practice your loco-motor movements by skipping 10 times, galloping 10 times, and sliding 10 times. Repeat for 15 minutes</p>	<p><b>22 Jump Rope</b> See how many different ways you can jump rope. Can you do each one for 1 minute straight?</p>	<p><b>23 Jumping Jacks</b> Execute jumping jacks for 1 minute without stopping. Break for 1 minute. During the break, do as many crunches as you can. Repeat for 15 minutes.</p>	<p><b>24 Power Skips</b> Skip as high and as far as you can. Do 20 in a row without stopping.</p>	<p><b>25 Power Jacks</b> Like jumping jacks, but jump out into a squat and then jump back in. Do as many as you can in 1 minute.</p>	<p><b>26 Shadow Boxing</b> Without touching anyone, punch down to the ground towards your own shadow.</p>
<p><b>27 Holiday</b> <b>Get outside and get moving!</b></p>	<p><b>28 Holiday</b> <b>Get outside and get moving!</b></p>	<p><b>29 Sliders</b> Feet together, knees bent, slide to the right side landing on right leg. Slide to the left side landing on the left leg. Try 20 in a row.</p>	<p><b>30 You Decide</b> What was your favorite activity this month? Give it another try!</p>	<p><b>31 You Decide</b> What was your favorite activity this year? Give it another try!</p>	<p><b>June 1 You Decide</b> What was your favorite activity this year? Give it another try!</p>	

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