


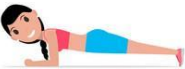




## April 2020 Healy Hawks Physical Education Fitness Calendar

<p><b>13</b> Do 2-5 Push-ups in each room of your house</p> 	<p><b>14</b> Do 1 minute of curl ups  Do 1 minute of bicycle kicks  Repeat three times</p>	<p><b>15</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump three times</p>	<p><b>16</b> Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p><b>17</b> Crab Walk- Try crab walking around your living room. Gather family members or friends and have a race</p> 
<p><b>20</b> Standing Long Jump -Plant feet - shoulder width apart- swing arms back and jump as far as you can. Try 3 different times to see how far you can jump. Challenge family members</p>	<p><b>21</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times</p>	<p><b>22</b> 20 forward lunges (each leg) 20 squats 20 calf raises Repeat three times</p> 	<p><b>23</b> Hold a Plank for 1 minute 45 seconds 30 seconds 15 seconds Rest 30 seconds in between</p> 	<p><b>24</b> Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>
<p><b>27</b> Commercial Planks Can you plank during an entire commercial break?</p>	<p><b>28</b> Do 25 wall squats. Repeat three times</p> 	<p><b>29</b> 4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold  Repeat</p>	<p><b>30</b> Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	

### Additional Outside activities:

\* Play Catch- Grab a ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.

\*Dribble Challenge- Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?

\* Jump Rope Challenge- How many times you can jump forward in a row?