


# WPCSD Elementary Physical Education

*Complete each fitness challenge, try and be active every day*

## May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 Jogging in Place</b> Jogging in place saying the alphabet 3 x's	<b>2</b> Touch your <b>elbows</b> to your knees 50 x's while keeping your eyes closed
<b>3</b> Touch your <b>belly</b> to the floor while you push-up and look at ceiling. 20 x's	<b>4</b> Do <b>squats</b> while saying the Pledge of the Allegiance 3 x's	<b>5</b> Do 15 <b>wall push-ups</b> with your pet or stuffed animal!	<b>6 Wellness Wednesday</b> Make up your own fitness challenge and draw it on a paper and repeat it all day long!	<b>7</b> Hold a <b>plank</b> position while saying the alphabet. 5x's	<b>8</b> Position yourself on your hands and knees. Do 25 <b>back leg kicks</b> on each leg.	<b>9 Free Choice Day</b> <b>Pick one of your favorite activities this week and do it again!</b>
<b>10 Flexibility</b> Reach to both sides of your body while listening to one of your favorite songs.	<b>11</b> Put your toes under the couch And do <b>20 sit -ups.</b>	<b>12 Stretching</b> Reach for calf muscle on each leg while doing your math lesson for 20 seconds 3x's	<b>13 Wellness Wednesday</b> Take a deep breathe in, smell the flowers...hold, hold, hold and blow out the candles 5x's	<b>14</b> <b>Hold onto a chair</b> and stand on your tippy toes for one minute. 3x's	<b>15</b> On your belly in a <b>Superhero pose</b> , lift a book off the ground and read one entire page "or" more"	<b>16</b> Hold hands with a family member and do <b>25 squats</b> together 2x's
<b>17 Free Choice Day</b> Pick one of your favorite activities this past week and do it again!	<b>18</b> Do 30 <b>Scissor Jumps</b>	<b>19</b> <b>Jog in place</b> 30 seconds in <b>every room of your home.</b>	<b>20 Wellness Wednesday</b> Challenge a family member to a "balance on one foot with eyes closed without losing balance" contest"	<b>21</b> Do a <b>plank</b> while spelling your full name backwards 3 x's	<b>22</b> Do <b>ski jumps side to side</b> for 30 seconds 3 x's	<b>23 Memorial Day Weekend</b> Family Fitness Time Outside
<b>24 Family Fitness Time</b>	<b>25 Family Fitness Time</b>	<b>26</b> On your belly hold the <b>superhero pose</b> while you count to 100 3x's	<b>27 Wellness Wednesday</b> Challenge a family member to "a plank without laughing" contest	<b>28 Family Challenge</b> "Throw and Catch using a soft object" (balls or socks) <b>50x's</b>	<b>29</b> Do <b>High Knees</b> while singing or listening to your favorite song.	<b>30/31 For the Next two days, pick one of your favorite days and, do it AGAIN!!!</b>