

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
You don't need expensive equipment to stay strong and fit.		What are you thankful for?			1 Name your favorite sports player.----- Go practice the sport this person plays with someone	2 Holding a soup can in each hand, jump over a line 25 times. Can you do 25 more jumps?
3 What is the capital of Mississippi? DO 3 sit-ups for each letter in this city's name! How many did you do?-----	4 What is your favorite food?----- Do 10 line jumps for each letter in this food's name!	5 Jog in place 1 minute for each unhealthy food you ate today. (chips, candy bar, soda, or candy!)	6 Create a new funky way to do jumping jacks. Teach them to someone. What did you name them?-----	7 Name your favorite vacation spot.----- Name a way that you exercise while you are there.-----	8 Practice dribbling two balls at the same time. Can you move and maintain control? Can you cross over?	9 Work on jumping high in the air and touching your toes. Can you touch when your legs are pointed forward? Apart?
10 Time yourself while tying your shoes. Try to get faster each time.	11 Be thankful you can read. Read for 10 minutes. Do 10 jumping jacks each time you turn the page.	12 Practice jumping in the air and click your heels together. What is the highest number of clicks you can make while in the air?-----	13 Holding a soup can in each hand, do waist twists. Do 20 twists. Can you do 20 more twists?	14 Practice bouncing a ball. Can you do 3 push-ups before it comes to a stop? Five? Ten?	15 Holding a large can above your head, bend and touch the can to the floor. Do 12.	16 Find 6 paper or plastic cups. See how quickly you can upstack and downstack them in a pyramid pattern.
17 Place a bean bag on top of your head. Tilt your head and try to catch it on your foot.	18 Throw three small balls in the air. Can you catch all three?	19 Do 24 of your fastest punches in a safe spot. Rest and do 24 kicks. How many did you do total?-----	20 How many jump rope speed ropes can you do in 10 seconds?-----	21 Find a safe grassy area and challenge someone to a backward race.	22 Jog in place for 30 seconds each time a commercial comes on TV.	23 Turn on your favorite music and dance today.
24 Use old pillow cases and have a family sack race!	25 Jog up and down the stairs 1x for every day there was in November. I went up and down----X	26 Dribble a ball 20 times with each hand. Easy? Try it again, but this time in the push-up position!	27 Hold a soup can in each hand. Extend both arms to the front and then down. Do 15.	28 Dance to your favorite song on the radio.	29 Do 12 jumping jacks for each letter in the word FRIDAY! How many you do?-----	30 With both hands, hold a soup can above your head. Bend your elbows. This works your triceps.

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Chickasaw Elementary Fitness Calendar

