



Winter Break Wellness Calendar



We are promoting Health and Fitness this Winter Break! The following calendar has a physical activity for each day students are on winter break. We are asking students to complete as many activities as they can. If you are not able to complete the activity as written, please feel free to pick any movement activity as an alternative. Happy moving!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 24th	December 25th	December 26th	December 27th	December 28th	December 29th	December 30th
Complete 5 pushups or 5 sit-ups every time you see a car during your favorite tv show.	Jump rope for 10 minutes. Too easy? Try 20 minutes.	Complete the following 3x with a 2-minute break in between: 10 jump squats, 25 jumping jacks, 10 burpees.	Wall Sits: Lean back against a wall and slide hips down until thighs are parallel with floor. Hold for 30 seconds 5x.	See how many pushups you can do in one minute.	Cleaning day! Clean or organize something in your home! Use those muscles!	Invent a dance routine for your favorite song on the radio! Share with friends or family.
December 31st	January 1st	January 2nd	January 3rd	January 4th	January 5th	January 6th
Jog in place during your favorite tv show! Take breaks during commercials.	See how many sit-ups you can do in one minute.	Complete the following 3x with a 2-minute break in between: 10 push-ups 30 mt. climbers 10 burpees.	Paper Plate Exercise: Invent 4 different exercises to do with 2 paper plates.	Do jumping jacks during commercials of your favorite television show.	Do your favorite activity from the previous days again.	Take the pushup and sit-up test at tinyurl.com/cpsPEpushup tinyurl.com/cpsPEsitup