


































DECEMBER

SECONDARY FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Take a long walk before watching football! 	31 Gear up for the games: 25 push-ups, 30 crunches, 25 Mountain Climbers, 25 push-ups! 					1 Go for a 2-3 mile run today! Dress warmly! 
2 Static Stretch from head to toe today for 15 minutes. Hold each stretch for 20 seconds. Repeat 3 times. 	3 "Lying Opposites" Get on hands and knees; raise right arm and left leg for 5 seconds each. Rotate for total of 30 reps of 2 sets. 	4 Jog 3 miles around your school track. End with 5X50 yd. sprints. Walk to cool down. 	5 Alternating walking lunges. Keep ankle below the knee; 3 sets of 20. End with a 1 mile jog. 	6 "Conversation Game" Get with a friend and go for a run while talking about a common issue, problem, etc. 	7 Perform 3 sets of 10 "roll ups and downs". Begin sitting up and slowly roll down to a supine position, then slowly roll back up one vertebra at a time. Repeat. 	8 Check out a Yoga Tape from the Library for tomorrow. Take a good long walk or jog today! 
9 Watch your Yoga Tape today and try it! 	10 Last month we did this for 1 minute, now how many push-ups can you do in 2 minutes? 	11 'Tis the season to be fit! Go to your school track and perform 3 miles of running the straights and walking the curves. 	12 25 "quick steps" side to side. Jumping with feet shoulder width apart side to side over a line. Repeat 2 times. Followed by 2 sets of 15 Jump Squats. 	13 Go to your local track and try to walk a mile in 12-15 minutes! Can you do this? 	14 3 sets of 10 "wall squats". Lean against a wall and drop to a chair position with arms extended out in front. Hold for 15 seconds. Rest. 	15 Run, Walk, Nordic Walk, Snow Shoe, Ski. Just get outside today and get into your Target Heart Rate Zone! 
16 Do an hour of gardening! Or take a stroll with the family. 	17 Perform 3 sets of 20 Bicep Curls and Tricep Curls with lite weights or books! 	18 Give a friend the "gift of exercise". Call them up and go on a run with him or her. 	19 3 sets of "Ankle Jumps". Stand with legs straight, arms to side, bounce off ground by extending ankles for 15 repetitions. Push off balls of feet. 	20 "Speed Play Day" Take a run through your neighborhood and mix walking, running and sprinting for a total of 40 minutes. 	21 Criss-Cross crunches by alternating right elbow to left knee with right leg extended. Switch for 3 sets of 10. 	22 Cross Country Day! Go for a run or cross country ski through your local park. End with stretching and a walk. 
23 Get your last minute shopping done! Walk fast in a shopping mall for 15-20 minutes! 	24 10 push-ups followed by a 10 yard sprint between each push-up. Repeat 2 times. 	25 Merry Fitness and a Healthy New Year! Now go for a jog! 	26 25 body squats, followed by overhead press after each squat. Keep knees behind toes! 	27 Again...give the "gift of exercise". Call someone up and perform a cardio activity with them. 	28 3 sets of 25 crunches with a 10 yard sprint between each set. Then go for a 1 mile jog or walk. 	29 What are your New Years Fitness Goals going to be? Make a list of 5. 

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.