

PE MONTHLY CHALLENGE

ROLL in Spring!



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	
School-Wide Fitness Challenge!						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24 31	25	26	27	28	29	30	

Student: _____ Grade: _____ Days Completed: _____

Parent Signature: _____ Teacher: _____

Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your workout should consist of at least **10** rolls of the dice. However, if you're feeling extra motivated, roll a few extra times to intensify your workout!

<ul style="list-style-type: none"> Roll a 2 – 10 forward jumps (w/rope) Roll a 3 – 10 backward jumps (w/rope) Roll a 4- 10 hop jumps (w/rope) Roll a 5 – 5 frog leaps Roll a 6 – 10 jumping jacks Roll a 7 – 5 burpees Roll an 8 – 10 low planks & 10 High Roll a 9 – 2 push-ups Roll a 10 – 10 sit-ups Roll an 11 – 10 calf raises Roll a 12 – 10 high knees 	<p>Complete the <i>ROLL in Spring</i> fitness challenge throughout the month of May. Using the calendar, write your initials for each day you complete a workout. At the end of the month, have your parents sign the bottom of the calendar and email it to Morah Tammy. The student(s) from each grade who completes the most workout days within the month gets an award certificate and prize.</p>
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GOOD LUCK!