

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: _____

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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!

Roll a **2** – **25** Forward Jumps (w/rope)

Roll a **3** – **25** Backward Jumps (w/rope)

Roll a **4** – **25** Hop Jumps (w/rope)

Roll a **5** – **10** Frog leaps

Roll a **6** – **25** Jumping Jacks

Roll a **7** – **10** Burpees

Roll an **8** – **30** Low Planks & **30**

High

Roll a **9** – **5** Pushups

Roll a **10** – **25** Sit-ups

Roll an **11** – **20** Calf Raises

Roll a **12** – **15** High Knees



Complete the *ROLL in Spring* 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.
Good Luck!