



# FITNESS CHALLENGE

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7 Reverse Lunges 8 Squats
2 20 Knee Raises 10 Squat Jumps	3 10 Reverse Lunges Heel Walks (20 seconds)	4 20 Knee Raises Tippy Toe Walk (20 seconds)	5 Refer to NFL STADIUM GEOGRAPHY TASK CARD 1 & MAP	6 10 Reverse Lunges Heel Walks (20 seconds)	7 20 Knee Raises Tippy Toe Walk (30 seconds)	8 10 Reverse Lunges 10 Squats
9 30 Knee Raises 12 Squat Jumps	10 13 Reverse Lunges Heel Walks (35 seconds)	11 30 Knee Raises Tippy Toe Walk (40 seconds)	12 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	13 13 Reverse Lunges Heel Walks (35 seconds)	14 30 Knee Raises Tippy Toe Walk (45 seconds)	15 13 Reverse Lunges 12 Squats
16 40 Knee Raises 14 Squat Jumps	17 16 Reverse Lunges Heel Walks (50 seconds)	18 40 Knee Raises Tippy Toe Walk (50 seconds)	19 Refer to NFL STADIUM GEOGRAPHY TASK CARD 1 & MAP	20 16 Reverse Lunges Heel Walks (50 seconds)	21 40 Knee Raises Tippy Toe Walk (55 seconds)	22 16 Reverse Lunges 15 Squats
23 50 Knee Raises 16 Squat Jumps	24 20 Reverse Lunges Heel Walks (1 minute)	25 50 Knee Raises Tippy Toe Walk (1 minute)	26 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	27 20 Reverse Lunges Heel Walks (1 minute)	28 60 Knee Raises Tippy Toe Walk (1 minute)	29 25 Reverse Lunges 20 Squats

## Celebrate Football in February

This month we've included a variety of fitness exercises, and football themed geography task cards with a list of activities to choose from. Use this printable calendar to keep the kids in your program active, both in school and at home!

- For Reverse Lunges, do the number listed for each side
- NFL Task Cards – choose one, a combination, or all activities listed

Find the visuals for each fitness activity below.

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

# NFL Task Cards

\*you can alter the teams on the task cards based on this season

**1**

**TASK CARDS**

## NFL STADIUM GEOGRAPHY

*Assume the front of the classroom is the northern part of the USA*

- Skip to the New York Giants stadium: signal touchdown 7 times
- Jog to the St. Louis Rams stadium: signal start the clock (arm circle) 6 times each arm
- Walk to the Baltimore Ravens stadium: signal pass interference 5 times
- Jump to the Denver Broncos stadium: signal incomplete pass or "no good" 4 times
- Gallop to the Tennessee Titans stadium: signal first down 3 times each arm

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**2**

**TASK CARDS**

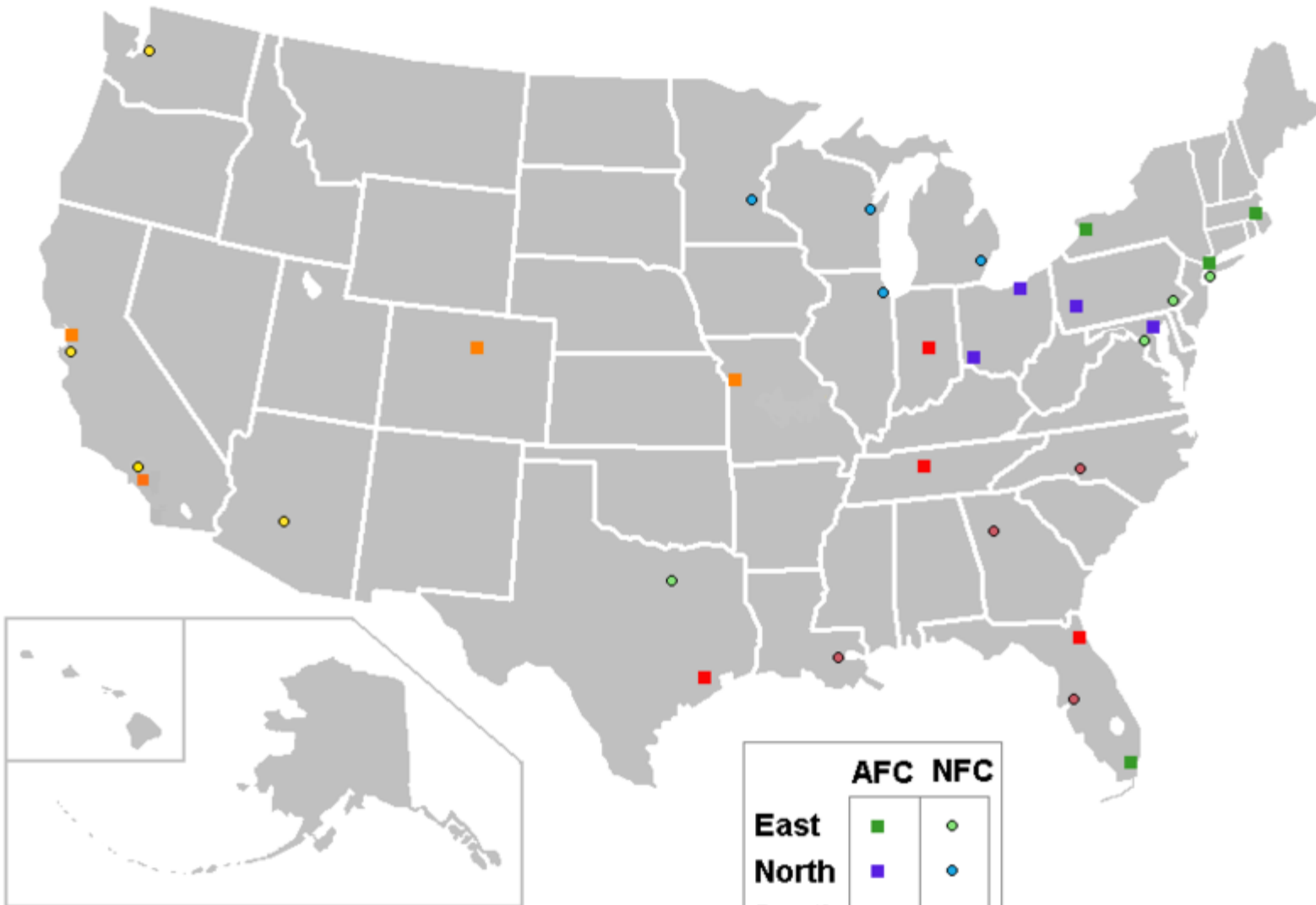
## NFL STADIUM GEOGRAPHY

*Assume the front of the classroom is the northern part of the USA*

- Gallop to the Arizona Cardinals stadium: pretend to kick a field goal 3 times each leg
- Jog to the Philadelphia Eagles stadium: pretend to throw 6 touchdown passes each arm
- Skip to the San Diego Chargers stadium: pretend to punt the ball 3 times each leg
- Walk to the Minnesota Vikings stadium: jump high in the air and catch 6 touchdown passes
- Hop to the Seattle Seahawks stadium: pump your arms up in the air 10 times

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	AFC	NFC
East	■	●
North	■	●
South	■	●
West	■	●

FITNESS BREAKS TIP-OFF



## REVERSE Lunges

Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. *Return to the standing position.*

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FITNESS BREAKS PRE-GAME



## Heel WALKS

Lift toes and balls of the feet and walk only on your heels.

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FITNESS BREAKS PRE-GAME



# Knee RAISE

Stand tall, lift one knee up  
towards the chest and hold.  
*Alternate knees.*

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FITNESS BREAKS PRE-GAME



# Tippy TOE WALK

Lift heels and walk on the balls  
and toes of your feet.

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FITNESS BREAKS OVERTIME



# Squats

Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the knees behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position.

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FITNESS BREAKS MVP



# SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

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[Source: Fitness Trail Stations](#)