### FITNESS CHALLENGE

**May 2019**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 8 Bicycles  
Skip in Place (20 seconds) | 8 Burpees  
7 Knee to Elbow | 8 Bicycles  
8 Frog Jumps | TENNIS TASK CARD | 5 Burpees  
Skip in Place (20 seconds) | 5 Bicycles  
5 Knee to Elbow | 5 Burpees  
7 Frog Jumps |
| 12 Bicycles  
Skip in Place (30 seconds) | 12 Burpee  
10 Knee to Elbow | 12 Bicycles  
10 Frog Jumps | VOLLEYBALL TASK CARD | 8 Burpees  
Skip in Place (20 seconds) | 8 Bicycles  
7 Knee to Elbow | 8 Bicycles  
8 Frog Jumps |
| 15 Bicycles  
Skip in Place (40 seconds) | 15 Burpees  
14 Knee to Elbow | 15 Bicycles  
12 Frog Jumps | TENNIS TASK CARD | 12 Burpees  
Skip in Place (30 seconds) | 12 Bicycles  
10 Knee to Elbow | 12 Burpees  
10 Frog Jumps |
| 20 Bicycles  
Skip in Place (50 seconds) | 20 Burpees  
18 Knee to Elbow | 20 Bicycles  
15 Frog Jumps | VOLLEYBALL TASK CARD | 15 Burpees  
Skip in Place (40 seconds) | 15 Bicycles  
14 Knee to Elbow | 15 Burpees  
12 Frog Jumps |

**May is National Physical Fitness & Sports Month!** Keep students active with some simple fitness activities, plus Tennis & Volleyball task cards. Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!

- Refer to Tennis & Volleyball Cards on Page 3
- For Knee to Elbow exercise, repeat for each side

**Find the visuals & descriptions 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.
Bicycle

Lie face up with lower back pressed to the floor. Lightly touch your head above the ears with elbows out, and bend right knee, pulling it towards your chest while touching the knee with the opposite elbow. Begin a slow pedal motion by touching opposite elbow to opposite knee, alternating each side. Keep the abs pulled in and breathe continuously.

Knee to Elbow

Lift up right arm and raise left knee and lower your right elbow toward knee in a diagonal motion. This exercise can be done seated or standing.
Frog Jump

Start in a standing position with your feet shoulder width apart. Squat as low as you can and place your hands on the ground. Leap forward. That completes one frog jump.

Skip in Place

Hop on your left leg while bringing your right knee up toward your chest. Switch legs and keep skipping while pumping your arms.
**TASK CARDS**

**TENNIS**
- 12 serves
- 10 forehands
- 8 backhands
- 6 volleys
- 4 overhead shots

**VOLLEYBALL**
*Equipment Needed: 1 volleyball or beach ball for each student*
- Self toss and do 10 forearm passes
- Self toss and do 10 sets
- Toss the ball to yourself and try to hit a spot on the wall 10 times
- 10 forearm passes
- 10 sets to the wall

Source: PA Task Cards
May is **National Physical Fitness & Sport Month**

Our May Fitness Calendar includes tennis and volleyball, but you can switch it up and match the calendar to the lesson plans in your PE unit or afterschool program. Try a few new sports that you’ve never done before. Choose a different sport as your theme each week!

- **Basketball**
- **Baseball**
- **Football**
- **Softball**
- **Badminton**
- **Pickleball**
- **Tchoukball**
- **Frisbee**
- **Soccer**
- **Hockey**
- **Spikeball**
- **Archery**
- **Gymnastics**
- **Bowling**

Sports in blue include links with activity ideas submitted by teachers.

For more activity ideas, check out [www.sssww.com/blog](http://www.sssww.com/blog) and [www.pecentral.org](http://www.pecentral.org)