



FITNESS CHALLENGE

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 TENNIS TASK CARD	2 5 Burpees Skip in Place (20 seconds)	3 5 Bicycles 5 Knee to Elbow	4 5 Burpees 7 Frog Jumps
5 8 Bicycles Skip in Place (20 seconds)	6 8 Burpees 7 Knee to Elbow	7 8 Bicycles 8 Frog Jumps	8 VOLLEYBALL TASK CARD	9 8 Burpees Skip in Place (20 seconds)	10 8 Bicycles 7 Knee to Elbow	11 8 Burpees 8 Frog Jumps
12 12 Bicycles Skip in Place (30 seconds)	13 12 Burpee 10 Knee to Elbow	14 12 Bicycles 10 Frog Jumps	15 TENNIS TASK CARD	16 12 Burpees Skip in Place (30 seconds)	17 12 Bicycles 10 Knee to Elbow	18 12 Burpees 10 Frog Jumps
19 15 Bicycles Skip in Place (40 seconds)	20 15 Burpees 14 Knee to Elbow	21 15 Bicycles 12 Frog Jumps	22 VOLLEYBALL TASK CARD	23 15 Burpees Skip in Place (40 seconds)	24 15 Bicycles 14 Knee to Elbow	25 15 Burpees 12 Frog Jumps
26 20 Bicycles Skip in Place (50 seconds)	27 20 Burpees 18 Knee to Elbow	28 20 Bicycles 15 Frog Jumps	29 TENNIS TASK CARD	30 25 Burpees Skip in Place (50 seconds)	31 25 Bicycles 20 Knee to Elbow	

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 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 breath 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.*



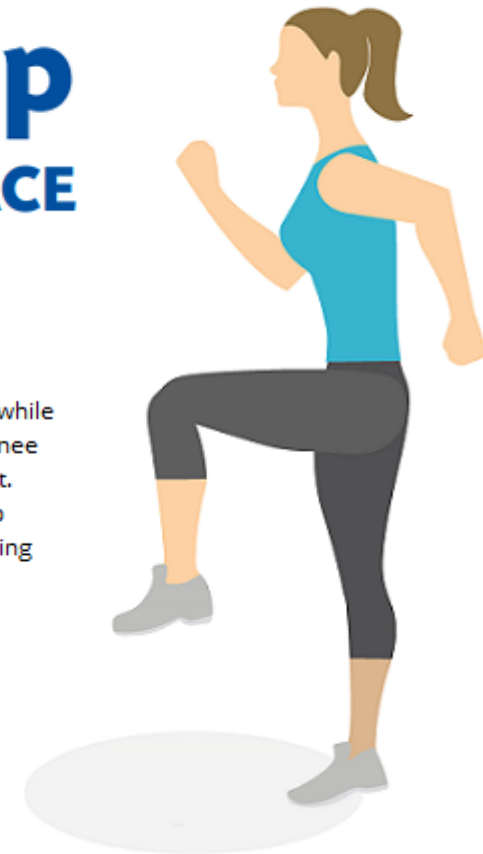
Frog Jump



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



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TASK CARDS

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



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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.ssw.com/blog and www.pecentral.org