







Quibbletown Middle School Physical Education



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ash Wednesday Did you know that the brain processes around 70,000 thoughts each day?	2 Crazy 8's 8 jumping jacks 8 star jumps 8 high knees	3 Dribble a basketball 100 times with your right then 100 times with your left hand. Keep your head up and use fingertips!	4 Play hide an seek in the dark
5 To wet out, go play laser tag	6 <i>Rubbing a banana peel on mosquito bites can help stop the itching.</i>	7 Popcorn push-ups! Put a bowl of popcorn on the floor. Each time you lower yourself down, stick out your tongue and take a bite!	8 Read & Move Pick a book to read and select an action word that will be repeated often. When the action word is read stand up and sit down.	9 Jump rope to music! Can you jump to an entire song without stopping?	10 Exercise ball balance Replace your seat while watching TV for an exercise ball for 10 min.	11 Have a treasure hunt
12 Daylight savings time begins! Get up and out of the house.	13 Shuffle squat Take 4 shuffle steps to your right and squat, then 4 steps to your left	14 Mummy kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.	15 Make homemade pizza	16 Attached at the hip Place a ball between you & partner's hips. Try to walk across the room without letting it drop.	17 St. Patrick's Day How many times can you run around the house without stopping. Check your pulse!	18 Go cross-country skiing, regular skiing, or snow tubing
19 Make a craft for a family member	20 Spring begins! Get outside and take the dog for a walk	21 Dance party Turn on the music and shake your groove thang.	22 Vertical jump Jump as high as you can for 30 seconds. Repeat!	23 Uno workout Yellow: jumping jacks Green: squats Blue: push ups Action cards: 10 of your choice	24 Hit the track Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!	25 Take a family photo outside
26 Make a camp fire and roast smores	27 Sit with your back to a partner. One person describes drawing. The other listens and draws it without looking.	28 Do a plank every time a commercial comes on TV. See how long you can hold it.	29 Kick City 20 side kicks 20 front kicks 20 back kicks	30 The butterflies you get in your stomach when you see someone you like is actually a stress response caused by adrenaline.	31 4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 sec superman hold	

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