





FITNESS CHALLENGE

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Go for a walk in your Halloween costume! 🎃					1 3 Cross Jacks 5 Skaters	2 Play kickball with a family member
3 5 Cross Jacks 7 Skaters	4 5 Squat Side Kicks Speed Bag Punches (30 seconds)	5 5 Cross Jacks 7 Skaters	6 MATH TASK CARD #1	7 5 Squat Side Kicks Speed Bag Punches (30 seconds)	8 5 Cross Jacks 7 Skaters	9 Go hiking
10 7 Cross Jacks 10 Skaters	11 7 Squat Side Kicks Speed Bag Punches (40 seconds)	12 7 Cross Jacks 10 Skaters	13 MATH TASK CARD #2	14 7 Squat Side Kicks Speed Bag Punches (40 seconds)	15 7 Cross Jacks 10 Skaters	16 Create an obstacle course at home
17 10 Cross Jacks 12 Skaters	18 10 Squat Side Kicks Speed Bag Punches (50 seconds)	19 10 Cross Jacks 12 Skaters	20 MATH TASK CARD #3	21 10 Squat Side Kicks Speed Bag Punches (50 seconds)	22 10 Cross Jacks 12 Skaters	23 Set up a game of musical chairs
24 12 Cross Jacks 14 Skaters	25 12 Squat Side Kicks Speed Bag Punches (60 seconds)	26 12 Cross Jacks 14 Skaters	27 MATH TASK CARD (you choose)	28 12 Squat Side Kicks Speed Bag Punches (50 seconds)	29 15 Cross Jacks 15 Skaters	30 Practice your juggling skills

October Fitness Challenge Calendar – Use our October calendar for fitness exercise ideas in the classroom, activities to do at home with family, and Math themed brain breaks!

-  MATH TASK CARDS – Refer to the Addition, Subtraction, & Multiplication Task Cards
-  Skaters & Squat Side Kicks – Complete one rep by alternating each leg

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

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TASK CARDS

ADDITION

- $1 + 4 =$ Washing machine
- $5 + 3 =$ Rake the leaves
- $3 + 6 =$ Star jumps
- $9 + 1 =$ Chair dips
- $2 + 7 =$ High knees

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TASK CARDS

SUBTRACTION

- $7 - 3 =$ Wash the car
- $9 - 2 =$ Seated flutter kicks
- $10 - 4 =$ Hop on one foot, switch
- $8 - 1 =$ Butterfly legs
- $5 - 0 =$ Firework jumps

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TASK CARDS

MULTIPLICATION

- 5×2 = Wall push-ups
- 8×1 = Bear crawl
- 6×4 = Marching in place
- 7×4 = Chop down the tree
- 2×9 = Walk the tight rope

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