



FITNESS CHALLENGE

MAY 2024

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

Keep Students Active in May! These fitness activities can be done at school or home with no equipment needed. On Wednesdays, if kids do not have tennis balls, volleyballs, or alternatives, they can choose their favorite sport in honor of **National Physical Fitness & Sports Month**.

 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.



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.*



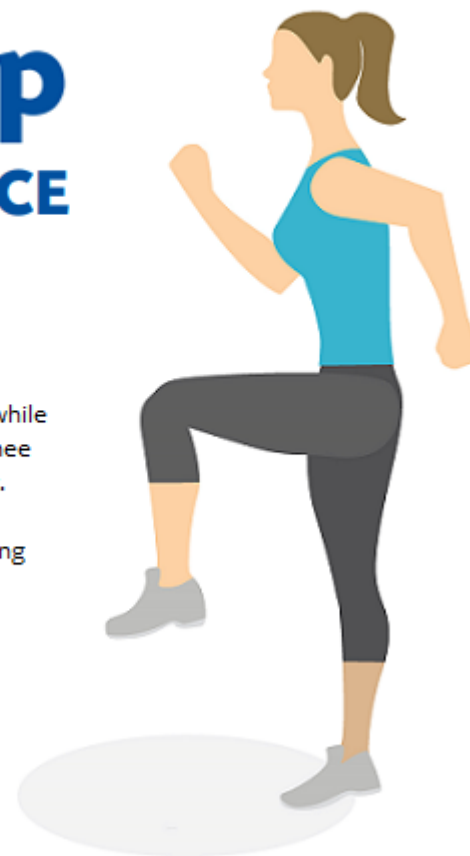
Frog Jump



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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[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 allow kids to choose their favorite sport or activity that they enjoy. If students are completing these challenges at home versus at school, but don't have equipment, challenge them to come up with their own sport or game!

- [Basketball](#)
- [Baseball](#)
- [Football](#)
- [Softball](#)
- [Badminton](#)
- [Pickleball](#)
- [Tchoukball](#)
- [Frisbee](#)
- [Soccer](#)
- [Hockey](#)
- [Spikeball](#)
- [Archery](#)
- [Gymnastics](#)
- [Bowling](#)

Each sport links to an activity idea submitted by teachers, or a category page on our website.

For more activity ideas, check out www.sswwww.com/blog