

JANUARY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 WINTER BREAK	4 Back to School Challenge! 20 jumping jacks 15 squats 10 lunges	5 Jog in place (30 sec) then lift one leg and balance for 30 sec. Repeat on other side. Do 4 rounds.	6 YouTube: This or That / Brain Break: New Years Edition	7 Deep squat hold for 30 seconds, rest and repeat	8
9	10 Jump Jump! Side to side over a line for 1 min. Then, front to back. Repeat x 2	11 YouTube: Candy Sweet Edition This or That Brain Break	12 Star Jumps x 10 Repeat x 3	13 15 desk push-ups 15 triceps chair dips Repeat x2	14 As fast as you can: 10 arm circles front 10 arm circles back 10 forward punches 10 raise the roofs	15
16	17 YouTube: Spiderman No Way Home Chase – Brain Break	18 Jog in place while the class answers 10 math questions from your teacher	19 Alternate Windmill touches while you skip count to 100 by 2s	20 40 Heel Kicks 20 jump and twist Repeat x 3	21 1 minute Leader Calls out: JUMP to left JUMP to right Squat & touch floor	22
23	24 Hold a plank and spell your name backwards 3 times	25 Using a paper ball throw and catch with a friend for 100 catches	26 YouTube: Rock Paper Scissors Fitness Battle / PE at home	27 5 x frog jumps 30 sec balance on one leg switch legs Repeat 2 times	28 Core Work: 20 sec Plank 20 sec side plank – switch sides x 3	29
30	31 Hold a plank for 1min – x 2					

