



MAY 2022

NORTHSIDE BLUE & YELLOW
FITNESS CHALLENGE



STUDENT NAME: _____

GRADE: _____

TEACHER: _____

- # 1 Find the day on the calendar
- #2 Match the pictures to the exercises
- #3 Have your parent initial the day as you complete them
- #4 Return to PE class by 6/3/22



- 10 Jumping Jacks
- 10 Push Ups
- 10 Fire Feet

B = Blue

- 15 Sit Ups
- 15 Star Jumps
- 15 Wall Push Ups

Y = Yellow

- 20 second Plank
- 10 Shoulder Taps
- 10 Fire Feet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Get Ready Day!!	2 	3 B	4 ACES WALK Y	5 	6 B	7 Y
8 REST	9 Y	10 	11 YOUR CHOICE	12 Y	13 	14 REST
15 	16 B	17 Y	18 	19 REST	20 B	21
22 YOUR CHOICE	23 	24 B	25 Y	26 	27 FIELD DAY	28 YOUR CHOICE
29 	30 B	31 Y				