



PLEASANT VALLEY ELEMENTARY HEALTHY HABITS CALENDAR

On the other side of this sheet there is a calendar that lists 30 activities. Each activity helps promote a healthy lifestyle.

You may choose the activity on that day or complete any 20 during the month (one activity per day). Once you have completed an activity, put an X across that day. When it says “choice” please fill in the blank with a healthy activity of your choice.

Have your parent/guardian sign this sheet and turn it into your Physical Education teacher. All sheets are due by the beginning of the month.

You will be given a new sheet with new activities each month. Enjoy creating healthy habits!

Your Elementary P.E. Team:

Mr. Duwa, BV, duwad@pleasval.k12.ia.us

Ms. Overstake, CO, overstaken@pleasval.k12.ia.us

Mr. Wiese, HW, wiesejustin@pleasval.k12.ia.us

Mr. Betzel, Plv, betzelm@pleasval.k12.ia.us

Mrs. Skyles, Plv, skylesjill@pleasval.k12.ia.us

Mr. Bulat, RH, bulatc@pleasval.k12.ia.us

Mr. Dennis, RH, dennisjam@pleasval.k12.ia.us

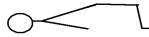



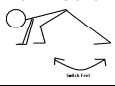
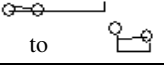


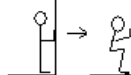


Healthy Habits Calendar



Student Name _____

Class _____

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Play your favorite outdoor activity	2 Core: Bridge  15 sec. 3X	3 How many rooms you can seal walk to? _____	4 Play your favorite sport _____
5 Have a healthy snack during the Super Bowl 	6 Spartan Spirit Push Ups  spell Spartans 3X	7 Choice (write in)	8 Do a random act of kindness (without being asked)	9 One-legged wall sit Each leg 2X 	10 Eat a high fiber food ex. Whole grain, dried beans, seeds, or dark greens, etc.	11 50 mountain climbers 
12 15 Ball sit-ups: ball to floor/ball to feet 	13 Choice (write in)	14  Let someone know that you care	15 Pilates: One Leg Circle 15sec 3X  Each side	16 Hand on wall Squats 	17 Eat a white food Ex. Califlower, garlic banana, parsnip, onion or ginger.	18 Snow activity _____ _____
19 Wash hands with soap to the ABC song before you eat	20 High knee jog in place for 1 min.	21 Choice (write in)	22 Line jumping 30 sec. each side to side front to back	23 Jump Rope to your favorite song	24 Play a game with a friend	25 Keep a log of all food and drink intake for the day
26 Wall stretch Each leg 30 sec. 	27 Scissor jumps 2 sets of 10  jump and switch feet	28 Choice (write in)	29 25 Toe Touches			

My Child has completed a minimum of 20 of the above healthy habits.

Parent Signature: _____

February calendars are due back on **March 1st!**