**April’s MACARONI ISOMETRICS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| Image result for kids pushups pe |  **1****Image result for transparent macaroni noodle drawing** | **2****Image result for transparent macaroni noodle drawing** | **3****Image result for transparent macaroni noodle drawing** | **4****Image result for transparent macaroni noodle drawing** | **5****Image result for transparent macaroni noodle drawing** | **6****Image result for transparent macaroni noodle drawing** |
| **7****Image result for transparent macaroni noodle drawing** | **8** **Image result for transparent macaroni noodle drawing** | **9****Image result for transparent macaroni noodle drawing** | **10****Image result for transparent macaroni noodle drawing** | **11****Image result for transparent macaroni noodle drawing** | **12****Image result for transparent macaroni noodle drawing** | **13****Image result for transparent macaroni noodle drawing** |
| **14****Image result for transparent macaroni noodle drawing** | **15****Image result for transparent macaroni noodle drawing** | **16****Image result for transparent macaroni noodle drawing** | **17****Image result for transparent macaroni noodle drawing** | **18****Image result for transparent macaroni noodle drawing** | **19****Image result for transparent macaroni noodle drawing** | **20****Image result for transparent macaroni noodle drawing** |
| **21****Image result for transparent macaroni noodle drawing** | **22****Image result for transparent macaroni noodle drawing** | **23****Image result for transparent macaroni noodle drawing** | **24****Image result for transparent macaroni noodle drawing** | **25****Image result for transparent macaroni noodle drawing** | **26****Image result for transparent macaroni noodle drawing** | **27****Image result for transparent macaroni noodle drawing** |
| **28****Image result for transparent macaroni noodle drawing** | **29****Image result for transparent macaroni noodle drawing** | **30****Image result for transparent macaroni noodle drawing** | **Isometric exercise**: *Exercise involving muscular contractions without movement of the involved parts of the body.* [www.medicinenet.com](http://www.medicinenet.com) |

Cut out each of the 12 isometric exercise cards. Each day turn the cards over and spread them out so you cannot see the exercises. Randomly choose ***at least* five** cards. Complete each of the chosen exercises. Hold each exercise for the “macaroni count” listed on the bottom of the card. Count slowly and clearly - “1 macaroni, 2 macaroni, 3 macaroni…” ***Do not rush through the macaroni count*.** Feel free to increase the macaroni count for each exercise as the month progresses since **you WILL get stronger**!

Color the noodle on the calendar each of the days you complete the **Isometric Macaroni Challenge**. Turn in your signed calendar at the end of the month to receive an award certificate and a toe token. Go to keepingkidsinmotion.com for more information.

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade: \_\_\_\_\_\_\_\_\_\_ Total Days Completed: \_\_\_\_\_\_\_\_\_\_\_­**

**Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­**