

*ROLL**in the* ***NEW YEAR******!***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Scan the QR code for a  video of each exercise! | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |  |

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_ Days Completed: \_\_\_\_\_\_\_\_\_

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

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**Directions:** Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your workout should consist of at least **10** rolls of the dice. However, if you’re feeling extra motivated, roll a few extra times to intensify your workout!



Roll a **2** – **20** Star Jumps

Roll a **3** – **20** Speed Skaters

Roll a **4** – **10** Burpees

Roll a **5** –  **10** Squat Jumps

Roll a **6** – **25** Skier Jacks

Roll a **7** – **25** Jumps (with a jump rope if possible)

Roll an **8** – **10** Plank-to-Low Squats

Roll a **9** – **5** Pushups

Roll a **10** – **10** Hip Bridges

Roll an **11** – **20** Calf Raises.

Scan this QR code to see a video of each exercise!

Roll a **12** – **10** Crab Toe Touches.

Complete the ***ROLL*** *in the* ***NEW YEAR*** fitness challenge throughout the month of January. Using the calendar, write your initials for each day you complete a workout. At the end of the month, have your parents sign the bottom of the calendar, and return it to your PE teacher for an award certificate.