

## **VOLLEYING/RACKET SKILL FITNESS**

### **HELP MEET YOUR 1 HOUR OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY GOAL BY DOING THIS DAILY CHALLENGE!**

Each date on the calendar corresponds to a word related to our physical education unit of the month. Discuss the word with your parents and then do the associated fitness activities that are represented by each letter in the word.

For example: On Tuesday, January 2<sup>nd</sup>, the word is volley.

Definition: To strike an object before it hits the ground.

Exercises:

V= 25 bicycles

O= 10 Burpees

L= 10 sit-ups

L= 10 sit-ups

E= 10 Lunges

Y= 25- choose you own exercise

A- 20 jumping jacks	J- 10 Supermans	S- 25 high knees
B- 20 shoulder taps	K- 10 push ups	T- 25 x country skiers
C- 20 crunches	L- 10 sit-ups	U- 25 second wall sit
D- 20 squats	M- 10 squat jumps	V- 25 bicycles
E- 20 lunges	N- 10 lunges	W- 10 choose your own
F- 20 mountain climbers	O- 10 burpees	X- 20 choose your own
G- 20 second plank	P- 10 second side planks	Y- 25- choose your own
H- 20 arm circles	Q- 10 arm circles	Z- create your own
I- 20 agility jacks	R- 10 downhill skiers	

**Good Luck!**