

Spring Break 2007-2008 Kinesiology Extra Credit Calendar

Aloha Student & Ohana,

For each activity you complete, have your parent or guardian initial in that day's box. Keep the calendar during vacation, and then submit it to me the first week back to school. ~ Ms. Duell
 website to locate further information: http://www.mauitechgirl.com/kinesiology/index_folder/navigation_index3.html

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						15 Make up a game/activity, teach it to your family, and then play it.
16 Choose a family activity such as hiking or swimming, and then do it!	17 Throw and catch a softball with a friend 20x.	18 See how far you can jump: start standing, jump, land with 2 feet together, and then measure the distance.	19 Jump rope for 30 minutes without taking a break (misses are OK).	20 See how high you can jump in the air: find a wall or a pole, use a piece of chalk & mark the pole when you jump up, and then measure the height.	21 Use 2 soup cans and do 12 bicep curls on each arm.	22 Play a game using a ball with your family.
23 Go for a 30-45 minute walk with your family.	24 Play some form or type of Frisbee: Frisbee Golf Ring Frisbee Target Frisbee Partner Frisbee Any other type you can think of or make up!	25 Select one activity, skill, game, etc. we have done thus far in class; teach it to your family & friends; practice it; then play a game using it.	26 Do 10 volleyball bumps in a row Do 10 volleyball sets in a row	27 Choose your favorite physical activity and do it for 20 minutes. What did you do? -----	28 Do 50 crunches Do 10 push-ups	29 Practice swimming strokes you learned in other swim lessons, for 18 total minutes.
30 Make a foxtail out of a sock and tennis ball; then make-up your own game; play it for 20 minutes.						