

January Fitness Challenge

Students are challenged each day to participate in the activities listed on the calendar. For the month of January, we've included basic fitness exercises, including lunges, squat jumps, heel kicks, and jump and twists. Each week, the number of repetitions for each fitness exercise increases. Please keep in mind the number of repetitions is meant as a guide, and can be adapted as needed based on age group and skill level.

On Saturdays, kids can choose their favorite hobbies to do at home with family and friends. Many of these are outdoor activities, and depending on where you live and the seasons you have, you can adapt these ideas.

January is National Hobby Month

For the month of January, we are celebrating National Hobby Month! Each Saturday, students can choose from a list of over 30 hobby ideas on page 4, or choose their own. Make sure they record on the calendar which hobbies they chose. This is a great opportunity to stay active while also spending time with family members, doing something they enjoy. They may even find a new hobby! Suggest to your students that they choose something they love, and also something they haven't tried before to gain a new experience.