12 DAYS OF FITNESS

Description

The 12 days of fitness is a school-wide event, which puts an emphasis on classroom activity breaks. It is often done leading up to winter break or spring break. This initiative offers new activities each day to add on to the previous. For maximal participation, teachers should promote the event in their classroom, activities should have a set time each day, and the activities could be held through PA announcements to the whole school.

Day 1:

- On the first day of fitness, my teacher gave to me:
  - 1 plank for the count of 10

Day 2:

- On the second day of fitness, my teacher gave to me:
  - 2 shoulder rolls and 1 plank for the count of 10

Day 3:

- On the third day of fitness, my teacher gave to me:
  - 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10
Day 4:
- On the fourth day of fitness, my teacher gave to me:
  - 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10

Day 5:
- On the fifth day of fitness, my teacher gave to me:
  - 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10

Day 6:
- On the sixth day of fitness, my teacher gave to me:
  - 6 torso twists, 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10

Day 7:
- On the seventh day of fitness, my teacher gave to me:
  - 7 strong lunges, 6 torso twists, 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10

Day 8:
- On the eighth day of fitness, my teacher gave to me:
  - 8 butt kicks, 7 strong lunges, 6 torso twists, 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10
Day 9:
- On the ninth day of fitness, my teacher gave to me:
  - 9 hops on one foot, 8 butt kicks, 7 strong lunges, 6 torso twists, 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10

Day 10:
- On the tenth day of fitness, my teacher gave to me:
  - 10 standing crunches, 9 hops on one foot, 8 butt kicks, 7 strong lunges, 6 torso twists, 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10

Day 11:
- On the eleventh day of fitness, my teacher gave to me:
  - 11 wall pushups, 10 standing crunches, 9 hops on one foot, 8 butt kicks, 7 strong lunges, 6 torso twists, 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10

Day 12:
- On the twelfth day of fitness, my teacher gave to me:
  - 12 bunny hops, 11 wall pushups, 10 standing crunches, 9 hops on one foot, 8 butt kicks, 7 strong lunges, 6 torso twists, 5 jumping jacks, 4 toe touches, 3 arm circles, 2 shoulder rolls and 1 plank for the count of 10