

Name/Title: Twelve Days of Winter Break

Purpose of Event: To help students maintain their level of fitness during Christmas break.

Suggested Grade Level: 6-8

Materials Needed: Twelve Days of Winter Break Handout (listed below)

Description of Idea

This project will give each student the opportunity to earn extra credit toward their effort grade, as well as maintain/increase their fitness levels during the winter break. The program will start on the first day of your Winter break and end the day you return to school (or however long you, the teacher, would like it to last). For each day of the vacation, students are assigned an activity to perform, preferably with a family member or guardian. (If family members can't be used then maybe a teacher or a friend or neighbor would work). At the conclusion of each activity, parents/guardians initial the day to verify the activity was completed.

Daily Activities

Day 1: On the first day of Winter Break my Physical Education teacher gave to me, 1 minute of modified push-ups.

Day 2: On the second day of Winter Break my Physical Education teacher gave to me, 2 minutes of curl-ups.

Day 3: On the third day of Winter Break my Physical Education teacher gave to me, 3 hugs from a family member.

Day 4: On the fourth day of Winter Break my Physical Education teacher gave to me, 4 healthy chores around the house, e.g. raking leaves, vacuuming , walking the dog, dusting.

Day 5: On the fifth day of Winter Break my Physical Education teacher gave to me, 5 minutes of jumping rope.

Day 6: On the sixth day of Winter Break my Physical Education teacher gave to me, 6 minutes of lower body stretches.

Day 7: On the seventh day of Winter Break my Physical Education teacher gave to me, 7 minutes dancing with a family member.

Day 8: On the eighth day of Winter Break my Physical Education teacher gave to me, 8 minutes of reading the Washington Post Health Section for children.

Day 9: On the ninth day of Winter Break my Physical Education teacher gave to me, 9 minutes of playing at a local park.

Day 10: On the tenth day of Winter Break my Physical Education teacher gave to me, 10 minutes walking with a family member.

Day 11: On the eleventh day of Winter Break my Physical Education teacher gave to me, 11 backward push-ups.

Day 12: On the twelfth day of Winter Break my Physical Education teacher gave to me, 12 minutes of jogging.

Submitted by **Teresa Isquith** who teaches at Lemon Road Elementary School in Falls Church, VA. Thanks for contributing to PE Central! **Posted on PEC: 9/19/2001.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!