

# Almira Gators

## 12 DAYS OF FITNESS



On the 1st Day of Fitness, Mr. Burkhardt gave to me.....1 Set of Crab A-B-Cs. (Students begin in "crab position" and tap their shoulder with the opposite hand saying the alphabet with each tap.)

On the 2nd Day of Fitness, Mr. Burkhardt gave to me.....2 Line Sprints.

On the 3rd Day of Fitness, Mr. Burkhardt gave to me..... 3 Laps of Jogging.

On the 4th Day of Fitness, Mr. Burkhardt gave to me..... 4 Push-ups.

On the 5th Day of Fitness, Mr. Burkhardt gave to me..... 5 Bicep Curls.

On the 6th Day of Fitness, Mr. Burkhardt gave to me..... 6 Squat Thrusts.

On the 7th Day of Fitness, Mr. Burkhardt gave to me..... 7 Mountain Climbers.

On the 8th Day of Fitness, Mr. Burkhardt gave to me..... 8 Sit-ups.

On the 9th Day of Fitness, Mr. Burkhardt gave to me..... 9 Jump and Taps. (students stand next to a wall with arm closest to the wall extended - then they jump up and tap the wall)

On the 10th Day of Fitness, Mr. Burkhardt gave to me..... 10 Calf Raises.

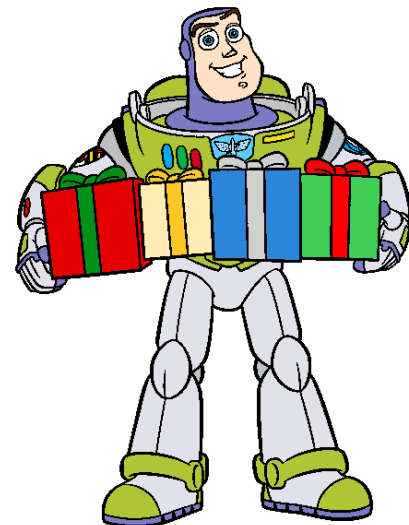
On the 11th Day of Fitness, Mr. Burkhardt gave to me..... 11 Jumping Jacks.

On the 12th Day of Fitness, Mr. Burkhardt gave to me..... 12 Seconds of Stretching.



**Daily Workout Challenge** Parents complete this workout routine with your child over 2 weeks of Winter Break!

<b>CHALLENGE:</b> <i>The 12 days of Fitness</i>		
<b>DURATION:</b> <i>1 - 10 minutes</i>		
<b>FOCUS AREA:</b> <i>Full body accumulator workout</i>		
<b>ALWAYS REMEMBER WARM UP ↑ COOL DOWN ↓</b>		
<b>FIRST DAY</b>  <b>1 MINUTE PLANK</b>	<b>FIFTH DAY</b>  <b>5 STAR JUMPS</b>	<b>NINTH DAY</b>  <b>9 CHAIR DIPS</b>
<b>SECOND DAY</b>  <b>2 MINUTE WALL SQUAT</b>	<b>SIXTH DAY</b>  <b>6 PUSH UPS</b>	<b>TENTH DAY</b>  <b>10 TUCK JUMPS</b>
<b>THIRD DAY</b>  <b>3 MINUTE BRIDGE</b>	<b>SEVENTH DAY</b>  <b>7 MOUNTAIN CLIMBERS</b>	<b>ELEVENTH DAY</b>  <b>11 LUNGES</b>
<b>FOURTH DAY</b>  <b>4 BURPEES</b>	<b>EIGHTH DAY</b>  <b>8 SQUATS</b>	<b>TWELTH DAY</b>  <b>12 CRUNCHES</b>
		





# SPORT FOR THE MONTH OF DECEMBER

## BASKETBALL

During this month in Physical Education, students will learn how to dribble a basketball using their finger pads, shoot the basketball into a hoop, and perform different passes to their teammates. All these skill will be essential to play basketball games in class. Basketball will help students improve their endurance, motor skills, concentration, coordination, and social skills.

### **Lay-up**

A one-hand close up shot in which the basketball bounces off the backboard.

### **Basket**

Points are scored when the basketball successfully goes through the basketball hoop.

### **Dribbling**

Running with the basketball continuously using one's finger pads.

# SPORT FOR THE MONTH OF JANUARY

## FLOOR HOCKEY

During this month in Physical Education, students will learn how to manipulate a puck using the hockey stick. They will practice passing the puck to their teammates, shooting it in the goal, and identify parts of a hockey stick.

### **Hockey stick**

This is used to guide the puck into the goal. Hands are placed on the shaft and the blade makes contact with the puck.

### **Puck**

The hard rubber disk which players try to shoot past the goalie.

### **Goal**

A point scored when a puck crosses the goal line and between the goal posts.

**Please make sure that your child bring a tennis shoes if he/she is wearing boots.**

**Merry Christmas to you and your family! Have a Happy New Year! See you on Jan. 7, 2020!**

**Love and Peace, Mr. Burkhardt**



# Animal Toast

Animal Toast | Serving Suggestion: 1-2



## PREPARATION

1. Toast bread;
2. Spread 1 teaspoon of either cream cheese or peanut butter over toast;
3. Cut banana and strawberries into ½ inch slices. Place fruit on top of spread to resemble animal faces. Use blueberries for eyes, strawberries for the mouth/lips, banana ½ slices – lengthwise for the nose! Or, just be creative in designing your animal faces!

Serving Suggestion: 1-2

# Egg-cellent Breakfast Quesadilla

Egg-cellent Breakfast Quesadilla | Serving Suggestion: 1-2



## PREPARATION

1. Sprinkle 1/4 cup cheese on one side of each tortilla;
2. Coat skillet with cooking spray and cook on medium;
3. Pour in eggs and bell pepper. Scramble eggs until no visible liquid remains;
4. Spoon eggs on top of cheese, dividing evenly;
5. Spoon black beans on top of eggs, dividing evenly;
6. Fold tortillas over filling to cover, pressing gently;

7. Clean skillet and reheat to medium-low. Toast until cheese is melted, about 1 to 2 minutes per side;

8. Cut into wedges and top with salsa.

Serving Suggestion: 1-2

\*Note: make sure to properly store black beans, salsa and bell pepper for reuse.

# Strawberry Banana Smoothie



## PREPARATION

1. Combine ingredients in blender.
2. Blend on high speed until smooth.

## ADDITIONAL SERVING SUGGESTIONS

- Turn this smoothie into a Halloween treat by substituting frozen pineapple for strawberries to make a Glowing Ghost appear!
- For a holiday treat, swirl in some plain yogurt for a festive look!
- For Valentine's Day, draw hearts on the cups, use fun straws, or use a dollup or yogurt to draw a heart on top of the smoothie!

*Note: If serving this product a la carte, in a student store, on a snack cart, or from a coffee/smoothie bar on campus during the school day, please calculate nutritoin information with the actual ingredients you are using to ensure the final product meets the Smart Snacks in School nutrition standards.*

**It Takes a Village: Engaging Families  
for Healthier, Happier Students**