



# A HOP, SKIP, and a JUMP into LEAP YEAR!

The year 2020 is a LEAP YEAR! Let's celebrate by *hopping, skipping, and jumping* our way through the month.

## Instructions:

1. Cut out each of the 15 activity cards.
2. Spread them out face down on any flat surface.
3. Randomly select 5-10 cards. Increase the challenge throughout the month by picking 1-2 extra cards to begin each new week.
4. Complete the exercise on each selected card.
5. Write your initials on the calendar each day you exercise.
6. At the end of the month, fill out the information on the bottom of the calendar, then return it to your physical education teacher.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February</b>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 Leap Day!

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Days Completed: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Teacher: \_\_\_\_\_

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## ACTIVITY CARDS

20 Criss Cross Jacks



15 Jumping Jacks



20 Hops on Each Foot



25 Invisible Rope  
Jumps



15 Burpees



20 Plank Shoulder  
Touches



10 Plank Jacks



10 Squat Jumps



15 Star Jumps



20 Flutter Kicks



10 Tuck Jumps



15 Knee Tucks



10 Hurdle Leaps



20 Skips in Place



5 Broad Jumps

