

ONE LEG HOPPING MAY BFit

Classroom:

School:



Let's boogie for 20 minutes every day in the classroom to keep those energy levels soaring!

Mark your checklist each time you rock a 5 minute movement session.

Email your completed BFit calendar to communityhealth@tfhd!

WEEK 1

May 1

5 Minutes	5 Minutes	5 Minutes	5 Minutes
☐	☐	☐	☐

WEEK 2

May 4

May 5

May 6

May 7

May 8

5 Minutes	5 Minutes	5 Minutes	5 Minutes
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐

WEEK 4

May 18

May 19

May 20

May 21

May 22

5 Minutes	5 Minutes	5 Minutes	5 Minutes
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐

WEEK 3

May 11

May 12

May 13

May 14

May 15

5 Minutes	5 Minutes	5 Minutes	5 Minutes
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐

WEEK 5

May 26

May 27

May 28

May 29

5 Minutes	5 Minutes	5 Minutes	5 Minutes
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐

Hopping trains your muscles to react quickly. This is especially beneficial for sports and activities that require rapid changes in direction or bursts of speed.

Scan the QR Code to hop along with a new challenge that gets more fun each week!

