

# JANUARY Calendar

Theme: FUN AND GAMES



	Weekly Challenges	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Setting Goals	<input type="radio"/> 05 <u>Jenga</u>	<input type="radio"/> 06 <u>Active Rhyming</u>	<input type="radio"/> 07 <u>Charades</u>	<input type="radio"/> 08 <u>Active BINGO</u>	<input type="radio"/> 09 <u>ABC Workout Snowball</u>
WEEK 2	Celebrate Your Heritage	<input type="radio"/> 12 <u>Foot To Foot</u>	<input type="radio"/> 13 <u>Cinco Huecos</u>	<input type="radio"/> 14 <u>Pong Hau Ki</u>	<input type="radio"/> 15 <u>Odd One Out</u>	<input type="radio"/> 16 <u>ABC Workout Snow Fort</u>
WEEK 3	Board Games	<input type="radio"/> 19 <u>Active Pictionary</u>	<input type="radio"/> 20 <u>Chutes and Ladders</u>	<input type="radio"/> 21 <u>Connect 4</u>	<input type="radio"/> 22 <u>Uno Meets Candyland</u>	<input type="radio"/> 23 <u>ABC Workout Ice Skate</u>
WEEK 4	Bring The Outdoors In	<input type="radio"/> 26 <u>ABC Beanbag Toss</u>	<input type="radio"/> 27 <u>Indoor Mini Golf</u>	<input type="radio"/> 28 <u>100 Pt Challenge</u>	<input type="radio"/> 29 <u>Snakes and Ladders</u>	<input type="radio"/> 30 <u>ABC Workout Sledding</u>

## How does this work?

-  Click on the activity to see how to perform the exercise.
-  Join the weekly challenge to set and crush your individual physical activity goals.
-  Practice a new Active Burst Monday through Friday.



# JANUARY Fitness & Sports Calendar

## Weekly Challenges



### WEEK 1

#### Setting Goals

As we step into a fresh year, it's the perfect time to set goals that get us moving and having fun! Whether it's signing up for a local 5K, setting up an obstacle course in your backyard or living room, or organizing a group hike, there are endless ways to make physical activity a part of your resolutions. Invite friends and family to join in—together, you can stay motivated, create lasting memories, and start the year off with energy and joy. Let's make 2025 a year of active minds and bodies!

#### SMART GOALS

- Specific
- Measurable
- Achievable
- Relevant

### WEEK 2

#### Celebrate Your Heritage

This week let's try to get active with an indoor or outdoor activity and learn about others heritage. Choose a game you like to play and insert physical activity into it or simply share things about your heritage while playing. Topics can include: foods, landmarks, cultural traditions, family traits or traditions. (e.g., Using the game hopscotch, write a topic in each square. Toss your stone or small object, jump/hop to the spot and tell something about your heritage, using the topic written in the spot, to the group).

### WEEK 3

#### Don't Get Bored With Board Games

Get moving with Board Games this week. Download the "Are You Game?" document and pick out your favorites or make up your own. But make sure you integrate movement into any game you try. The challenge: pick a different game for every day of the week and get moving. Let us know your favorite – will it be Uno, Jenga, Bingo or something else?

### WEEK 4

#### Bring The Outdoors In

Depending on where you live, January can often be a challenging month with less sunshine, colder temperatures and shorter days! This week, we want to challenge you to bring your favorite summer activities indoors. Each day this week, think of what you like to do in the summer months and how you can actually make that happen indoors – in your home OR in your classroom. Blow up a beach ball (substitute a balloon if necessary) and see how many times you can hit it before it touches the ground. Play hacky sack – but use a crumpled up piece of paper a balloon or a sock! Make a fruit smoothie. Get creative and have fun!

Check out the Trainer Hub for more resources

[CLICK HERE](#)