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.

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<td>Leap Day!</td>
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</tbody>
</table>

Student: _____________________________ Grade: ____ Days Completed: _______

Parent Signature: ________________ Teacher: _____________________________

[Keepingkidsinmotion.com](http://Keepingkidsinmotion.com)
A HOP, SKIP, and a JUMP into LEAP YEAR!

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 Standing Long Jumps

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