



# SPEA

# ON THE MOVE

ISSUE 5 | JANUARY | VOLUME 1



Learn from yesterday,  
live for today and  
hope for tomorrow.  
Happy New Year!

2020

## NO BETTER TIME TO GET BACK TO BASIC MOVEMENTS AND FOUNDATIONAL MUSTS WE KNOW, LOVE AND NEED!

- Roll in the New Year 2020 fitness challenge consists of exercises ranging from strengthening the upper and lower body to increasing aerobic endurance. Each day, roll two dice...

**ROLL in the NEW YEAR!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	30	31				

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Days Completed: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_ Teacher: \_\_\_\_\_

**ROLL in the NEW YEAR!**

Instructions: Roll two dice & add the numbers together. Use the chart to determine what the next movement is. Your minimum requirement is at least 30 seconds for all movements. If you're feeling great, challenge yourself to do more than the chart's year workout!

Roll # 1 - 100 Meter Jumps  
Roll # 2 - 20 Squat Staircase  
Roll # 3 - 100 Meter Run  
Roll # 4 - 10 Squat Jumps  
Roll # 5 - 100 Meter Jumps  
Roll # 6 - 20 Pushups  
Roll # 7 - 20 Lunges (with a jump raise if possible)  
Roll # 8 - 100 Meter Run  
Roll # 9 - 10 Pushups  
Roll # 10 - 100 Meter Run  
Roll # 11 - 100 Meter Run  
Roll # 12 - 100 Meter Run

Complete the 12 ROLL in the NEW YEAR fitness challenge throughout the month of January using the activities with proper results for each the complete workout. At the end of the month, your completed log will be posted on the website. Good luck to your fitness for a better 2020!

- Soak in the winter sunshine with your students with some Vitamin "N"ature!

Vitamin "N"ature (6-12)



- Curling Hit, Tap Draw!



### Upcoming PD for Teachers

- Looking for practical tools for teaching outside on the land?



- Take the Lead: Leadership Coach Training



- SPEA Conference 2020



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our goal is healthy children



Girl Guides  
Everything she wants to be.

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