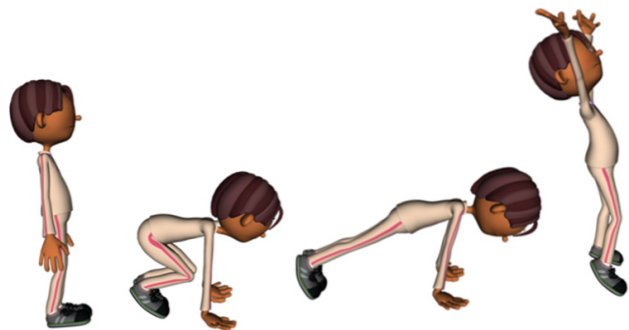


My Fitness Valentine

30 PRINTABLE EXERCISE CARDS FOR VALENTINES DAY PE

You Take My Breath Away!



Stand down and place your hands on the floor. Push your feet back to

You're a Great Catch!



Play Catch: Using a ball of your choice, play catch with a partner. Complete 10 catches without dropping the ball.

Missing You Makes Me Crabby!



Crab Walk: Turn yourself over and walk on your hands and feet.

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Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

How To Use This Resource

Welcome to My Fitness Valentine! Inside this resource you'll find 30 printable exercise cards you can use for Valentine's Day PE lessons. We recommend two different ways of using the cards.

Option 1: Valentines Day Exercise Stations

Print and laminate the cards on regular 8.5 x 11 paper. Choose 10-15 exercises and post them up around your classroom or gymnasium.

Assign a small group of students to each "station" - have them perform the described exercise, then rotate to a new station every 60 seconds.

Option 2: Valentines Card Exchange

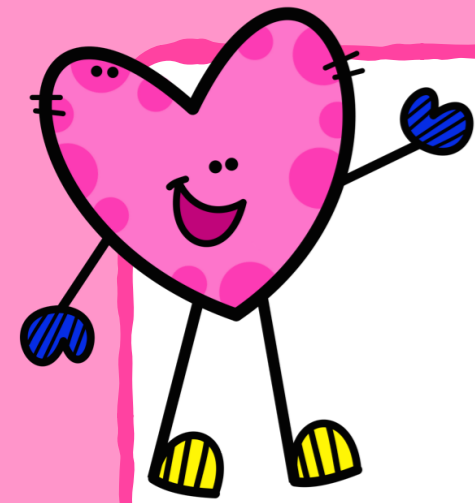
This follows the tradition of students exchanging cute cards on Valentine's Day! Print and laminate the cards on regular 8.5 x 11 paper. Print enough cards for your entire class. If you have more than 30 students, print some duplicate cards to cover everyone. Distribute one card to each student.

Put on some fun, up-tempo music, and ask the kids to find a friend to exchange cards with. The person who receives the card must complete the described exercise. When they are done, they find a new friend to exchange cards with again. Continue for 20-30 minutes, or until every student has tried all 30 exercises.

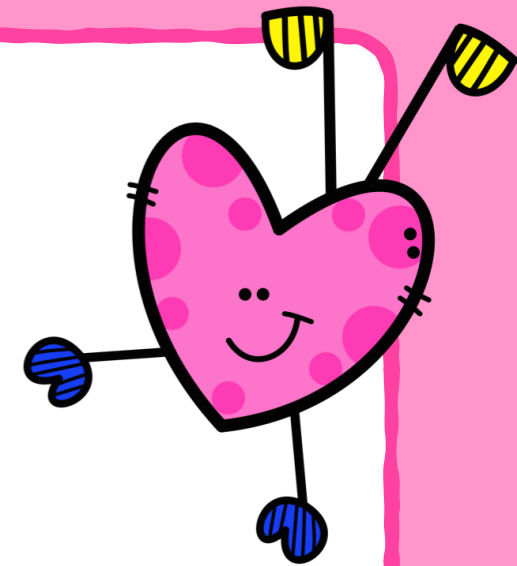
I Get a Kick ♥ Out ♥ of You!



Soccer Kicks: Kick a soccer ball against a wall or to a partner 10 times in a row.

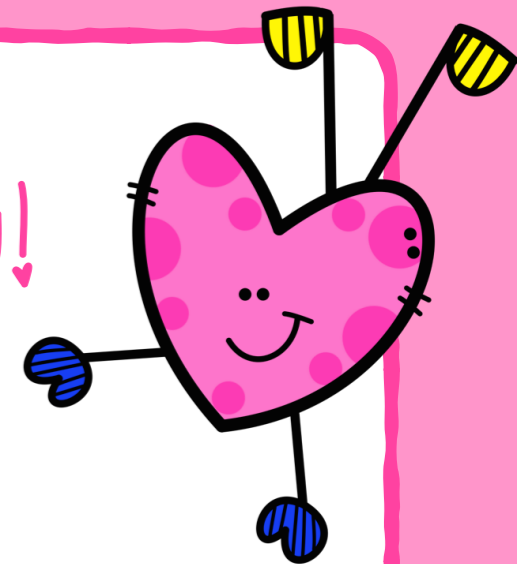
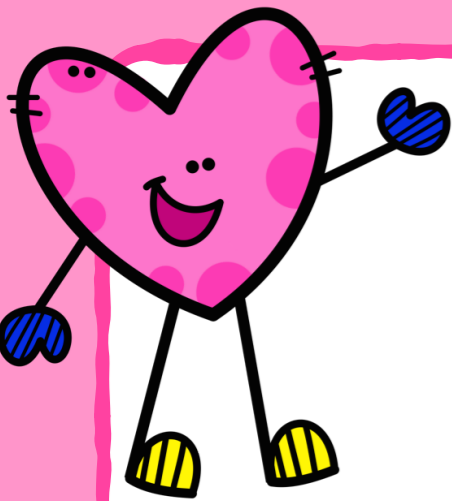


I've Got Your Back!

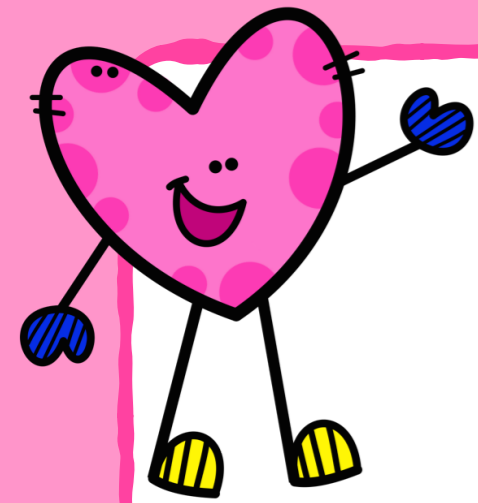


Wall Sit: Stand with your back against the wall then lower down into a sitting position. Try to hold it for 30 seconds.

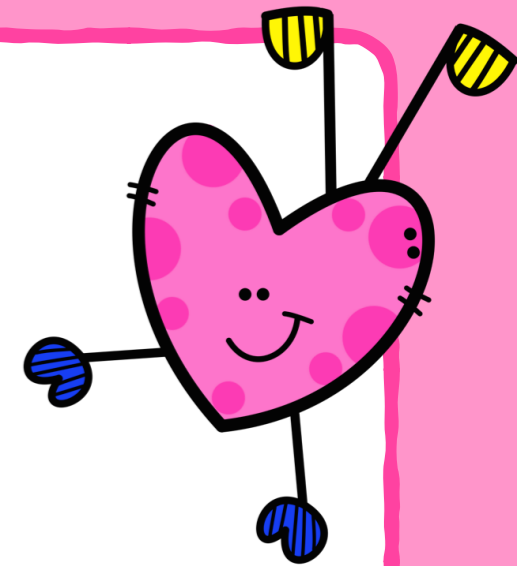
I Can't Bear T♥ Be With♥out You!



Bear Crawl: Start on all fours and lift your knees so they hover off the ground. Crawl forward on your hands and feet for 10 steps, then backward for 10 steps.



No-Bunny Compares To You!

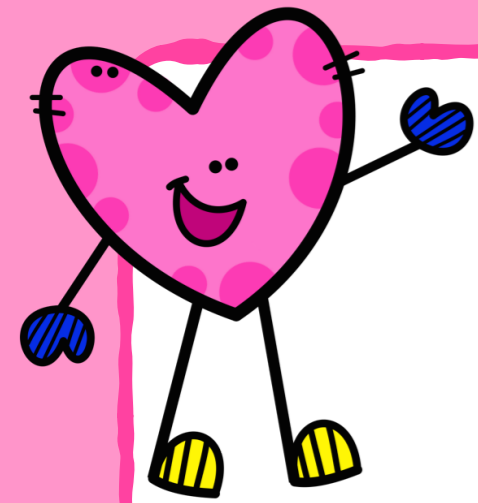


Bunny Hop: Crouch down by bending your knees and lowering yourself to the ground. Then spring up, jump forward, and reach as high as you can! Repeat 10 times.

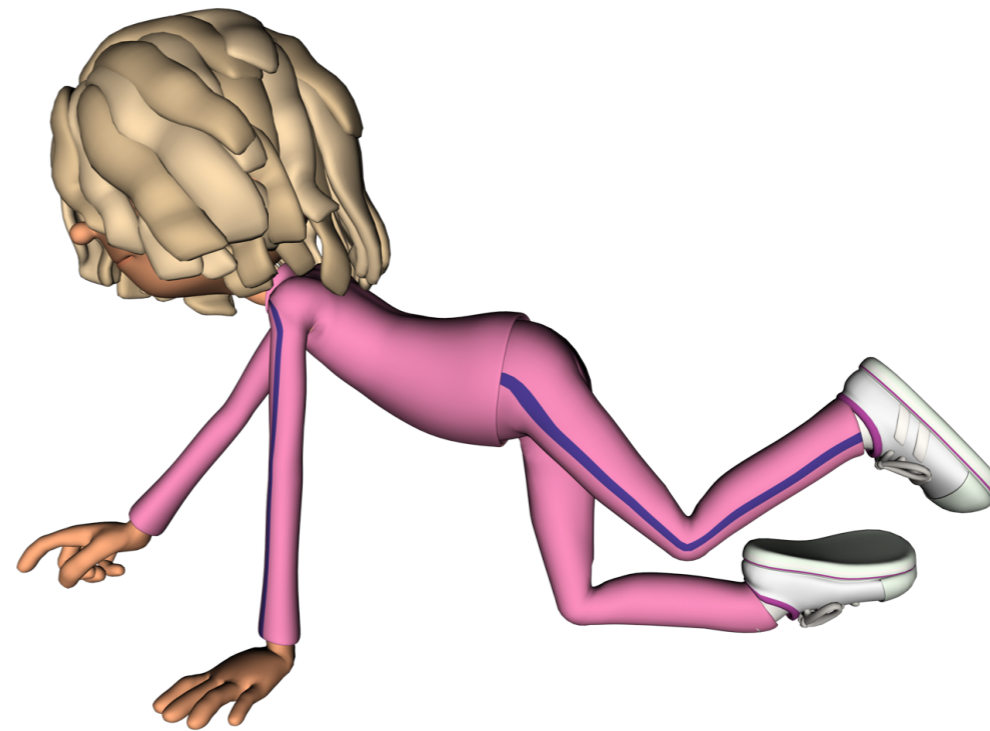
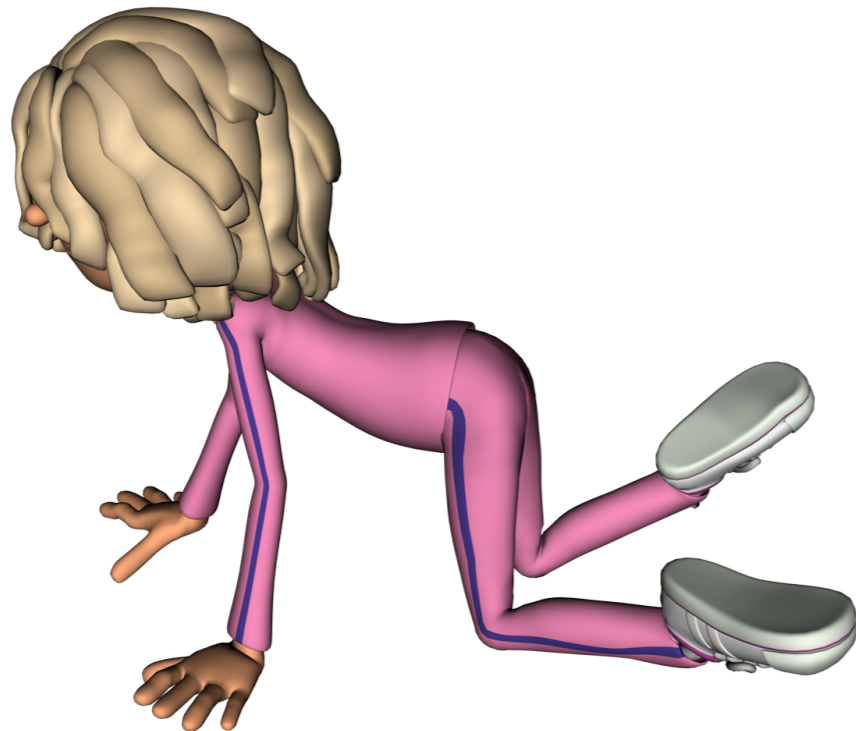
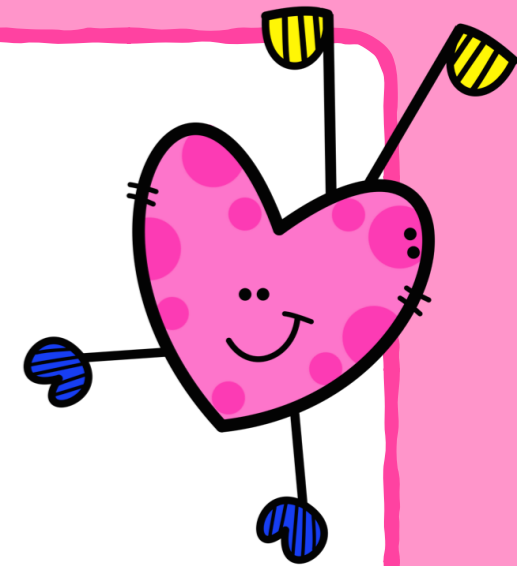
Missing You Makes Me Crabby!



Crab Walk: Turn yourself over and crawl on your hands and feet with your bottom low to the ground. Crawl 10 steps forward, then 10 steps backward.



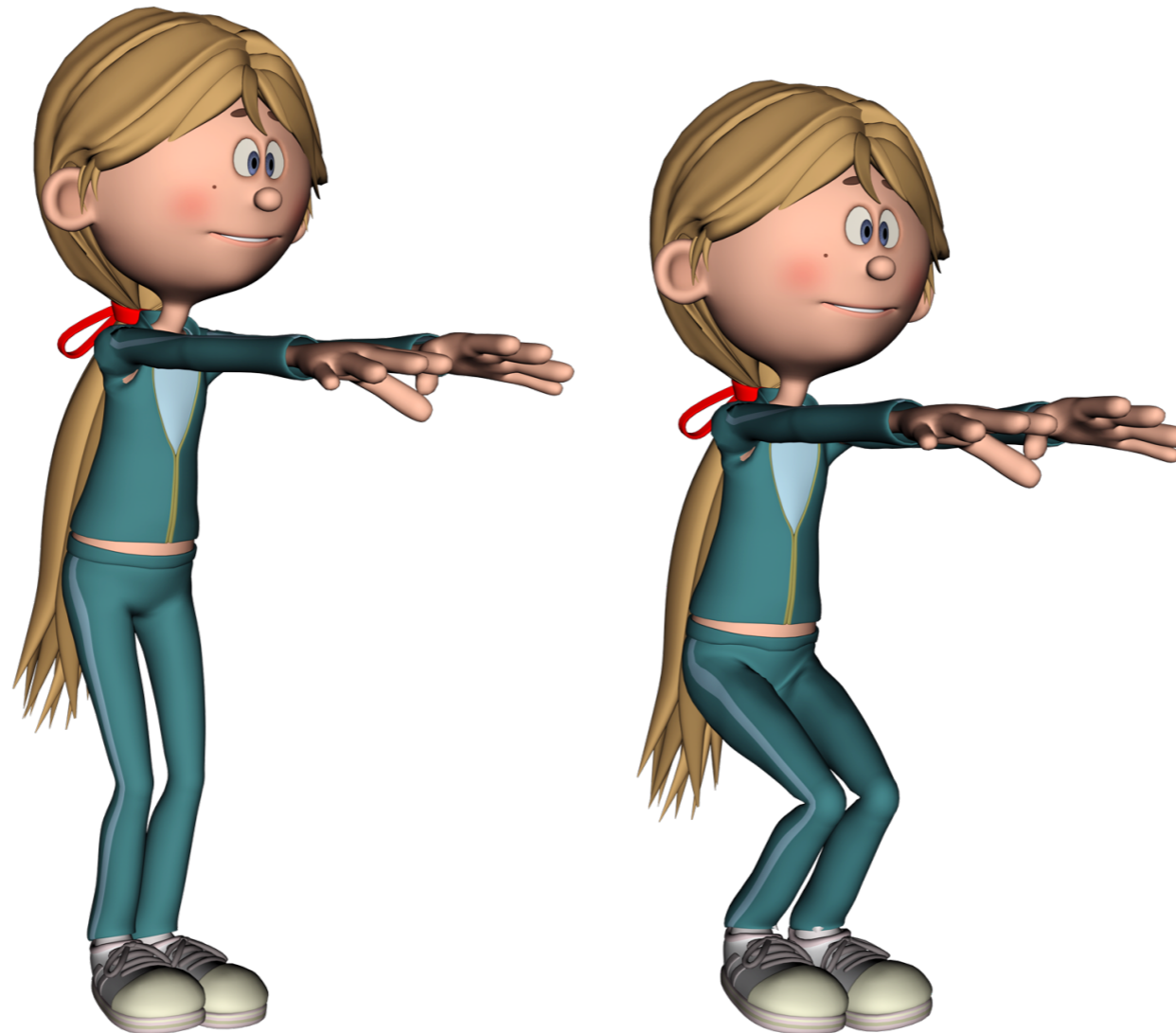
You'll Always Be My Baby!



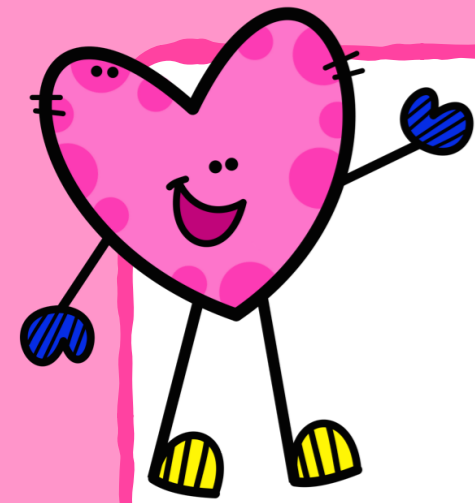
Baby Crawl: Start on your hand and knees. Crawl forward 5 steps, left for 5 steps, backward for 5 steps, and right for 5 steps.



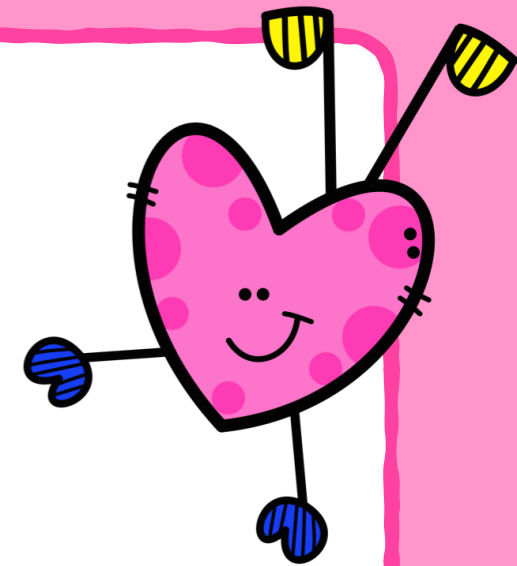
Life Means Squat Without You!



Squat: Stand with your feet shoulder width apart. Sit back and bend your knees like you are sitting in a chair, then stand back up straight. Repeat 10 times.

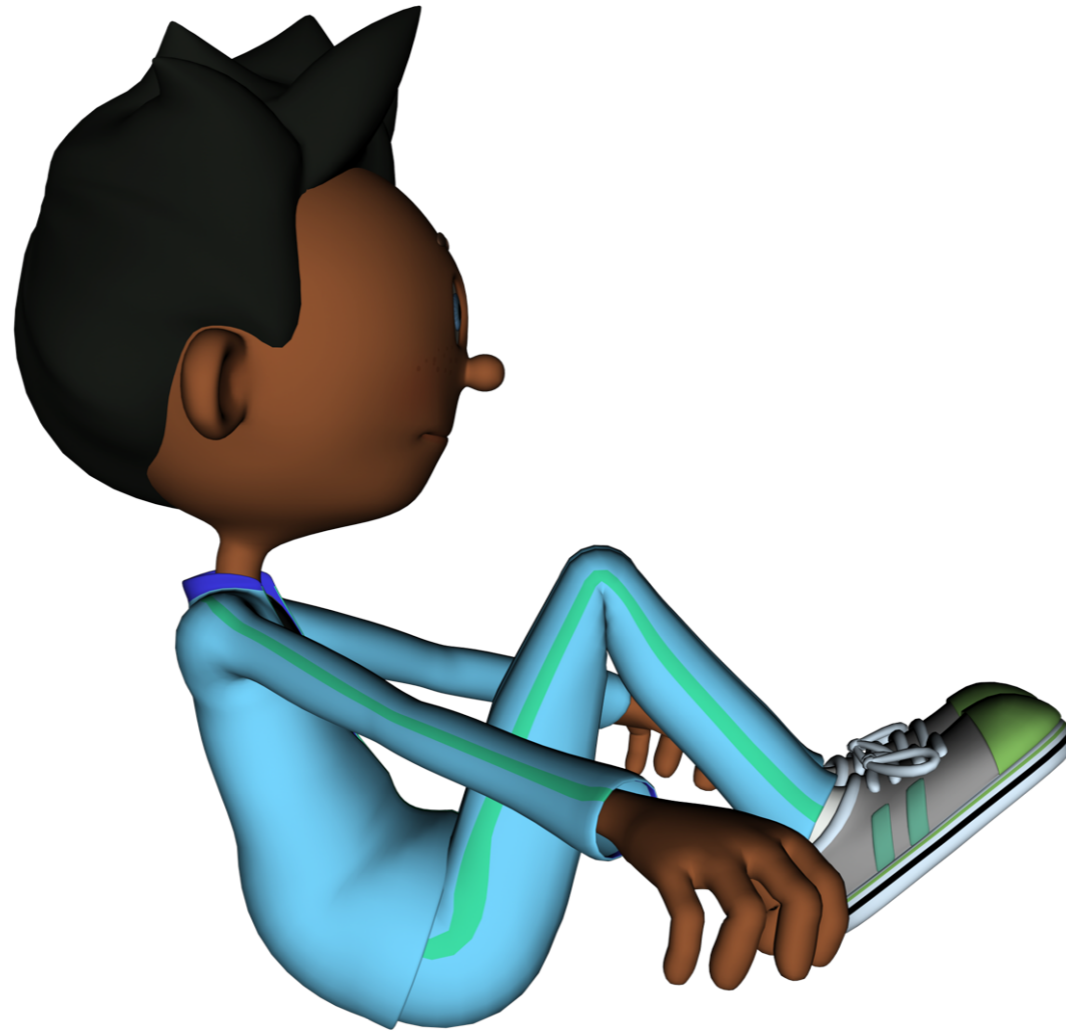


My Heart Races For You!

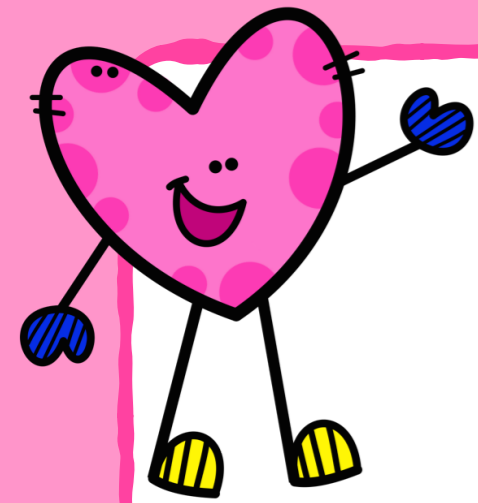


Run in Place: Pump your arms and legs while running in place for 30 seconds.

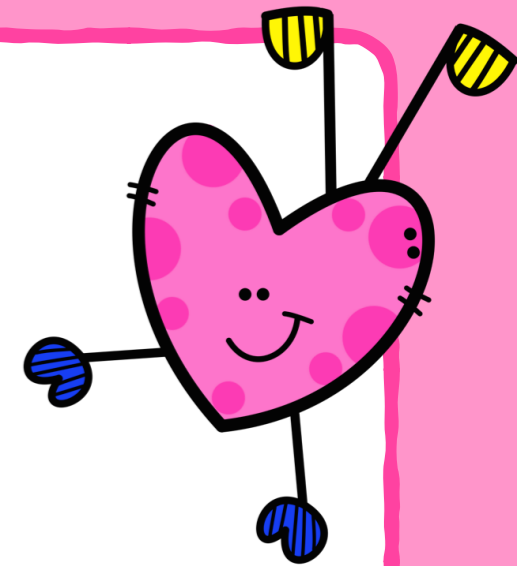
You Give Me Balance!



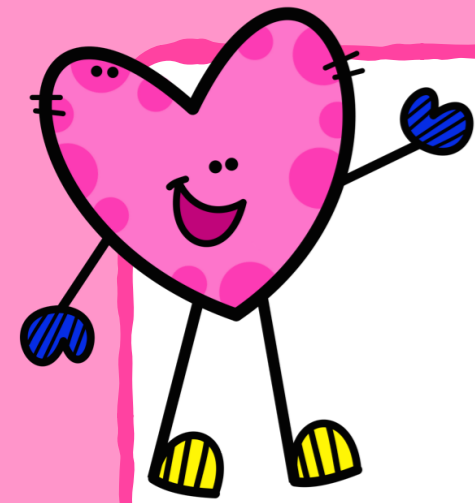
Balance Sit: Start on your bottom, then lift your knees up to your chest. Hold that position for 30 seconds using your stomach muscles to keep your feet off the ground.



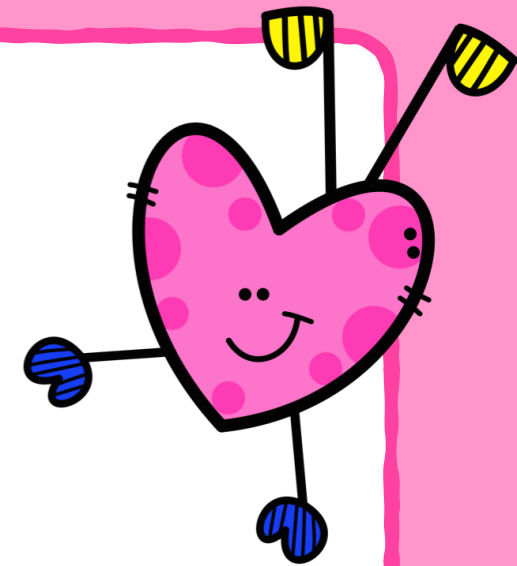
You're a Great Catch!



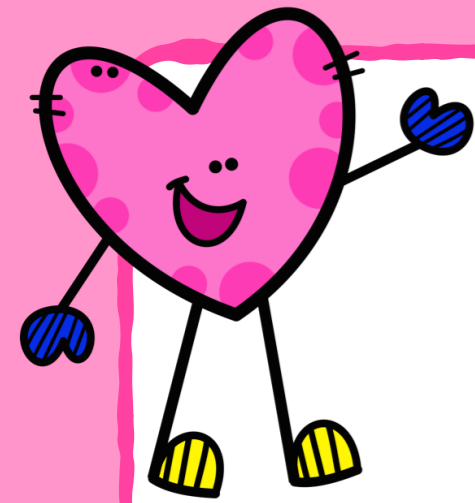
Play Catch: Using a ball of your choice, play catch with a partner. Complete 10 catches without dropping the ball.



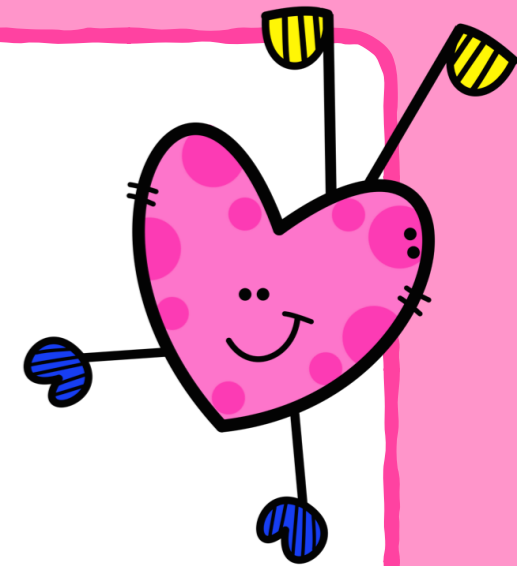
Let's Stick Together!



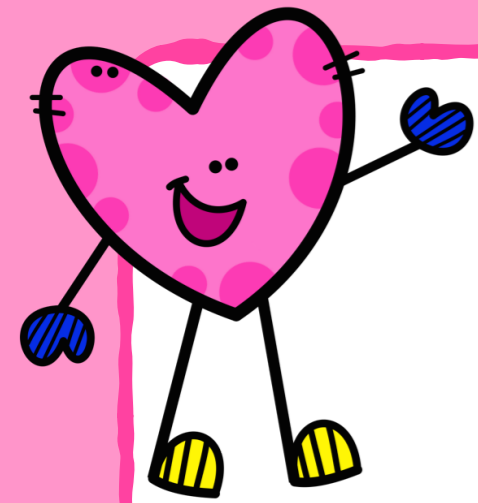
Shoot and Score: Using a hockey or lacrosse stick, take 10 shots at a net or target



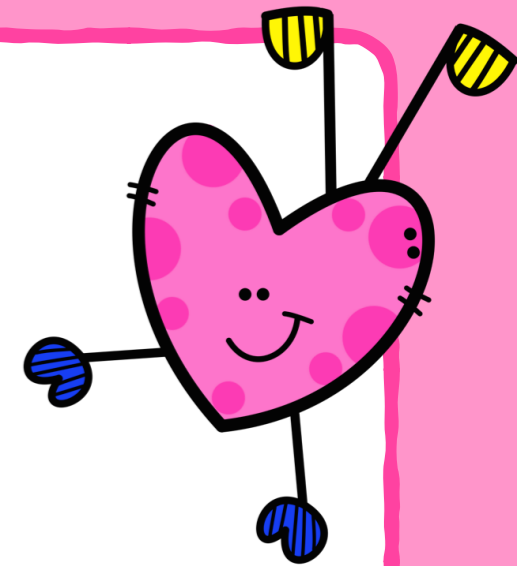
Would You Be Mine?



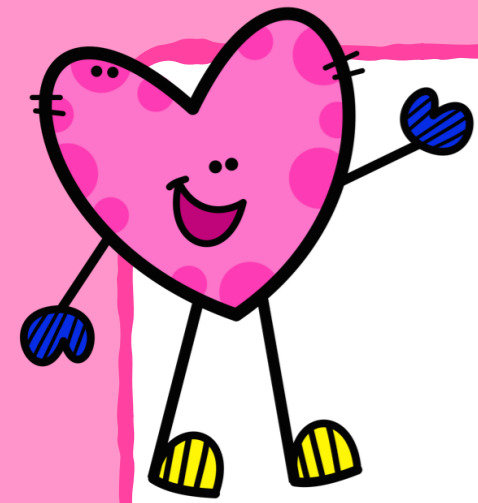
Tree Pose: Lift one foot off the ground and place it gently onto the side of your opposite knee. Balance on one foot and hold for 30 seconds.



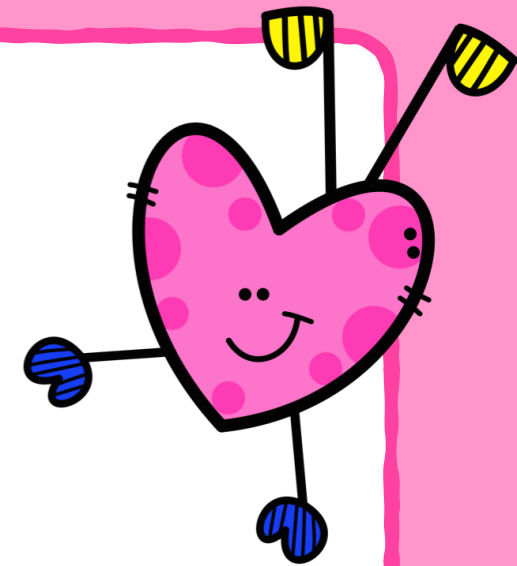
You're a Grand Slam!



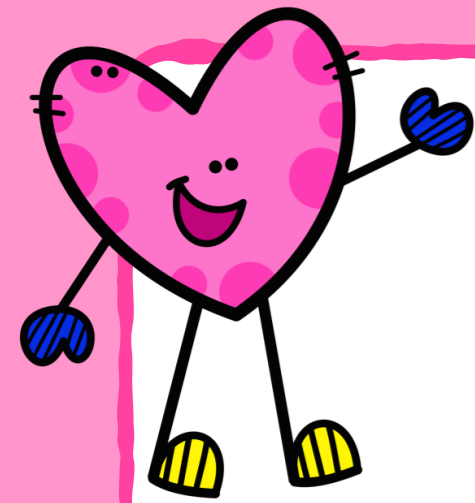
Home Run Hitting: Grab a baseball or softball bat and find a safe area with lots of space. Have a partner pitch to you until you get 5 hits.



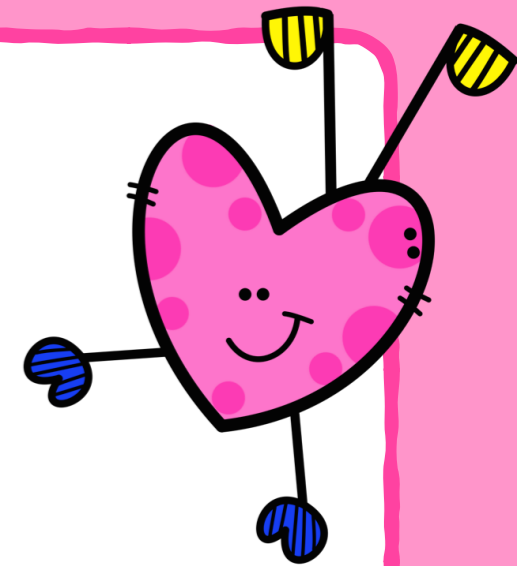
You're a Slam Dunk!



Basketball Shots: Grab a basketball and stand close to the basket. Make 5 shots.

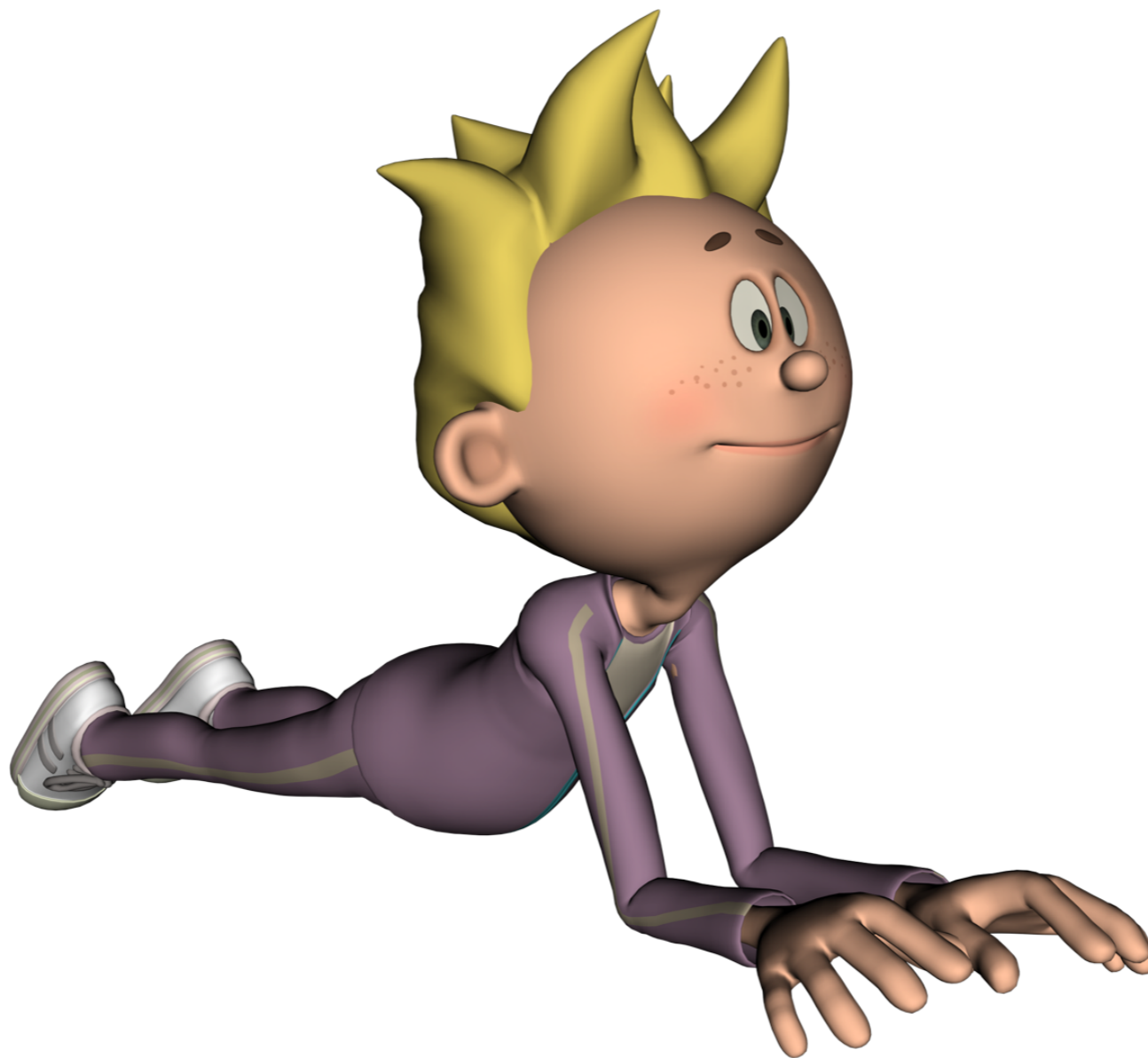


I Abs-♥lutely Ad♥re Y♥U!

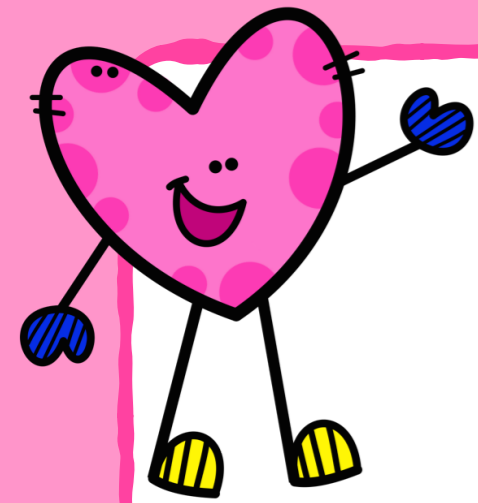


Sit-Ups: Lie on your back with your feet flat on the floor. Cross your arms on your chest. Use your stomach muscles (abs) to lift your shoulders up to your knees. Pause for a second, then come back down. Repeat 10 times.

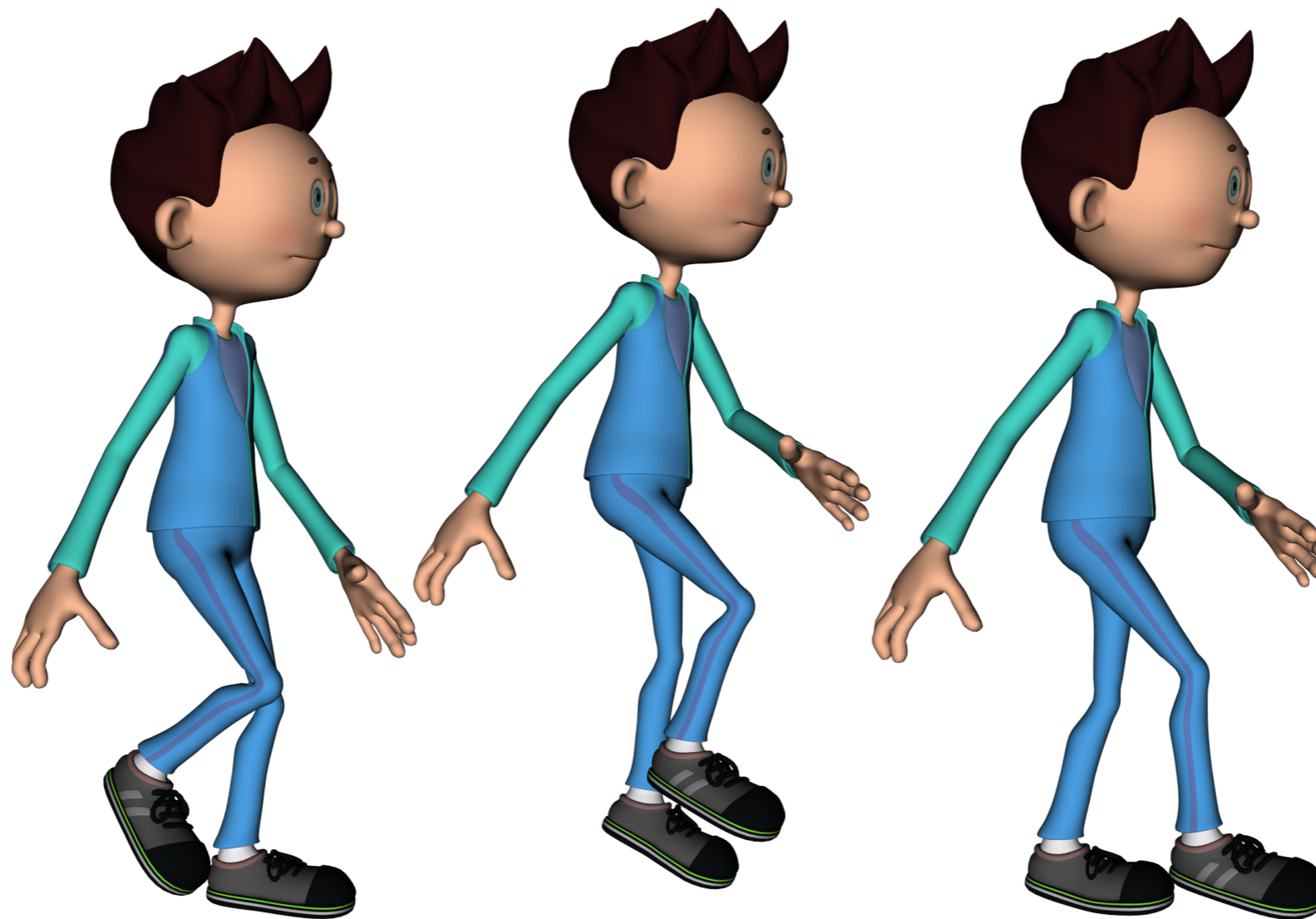
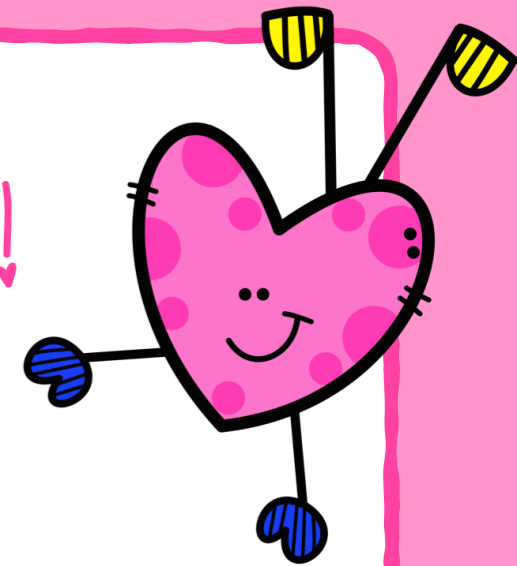
You've Got My Seal of Approval



Seal Crawl: Lie on your stomach with your hands flat on the floor and chest off the ground. Crawl for 30 seconds using only your hands, dragging your legs behind.



You Make My Heart Skip a Beat!



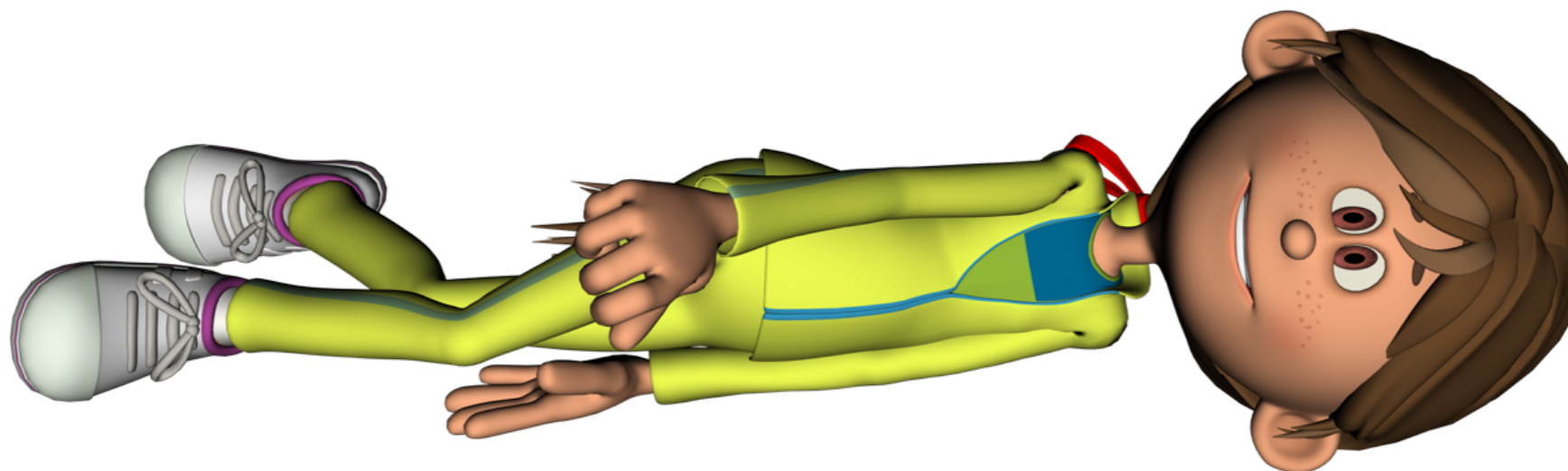
Skipping: Skip forwards, backwards and sideways for 30 seconds.

You're Amazing From Head to Toes!

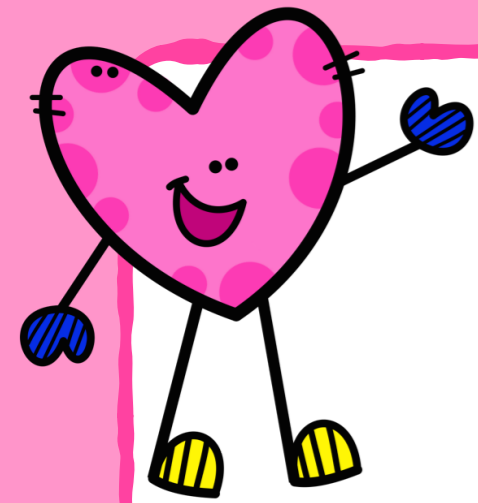


Tip Toe: Walk on your tip toes, 10 steps forward, 10 steps left, 10 steps backward, 10 steps right

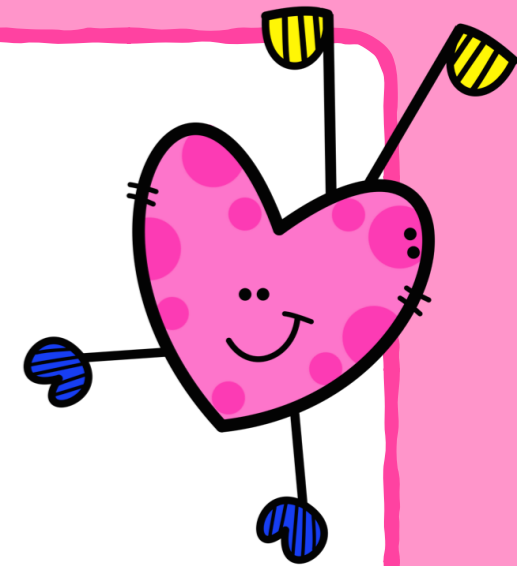
I'll R♥ll With Y♥u Any Time!



Log Roll: Lie on your back with your arms at your sides. Roll along the ground for 30 seconds, while trying to keep your body and legs straight.

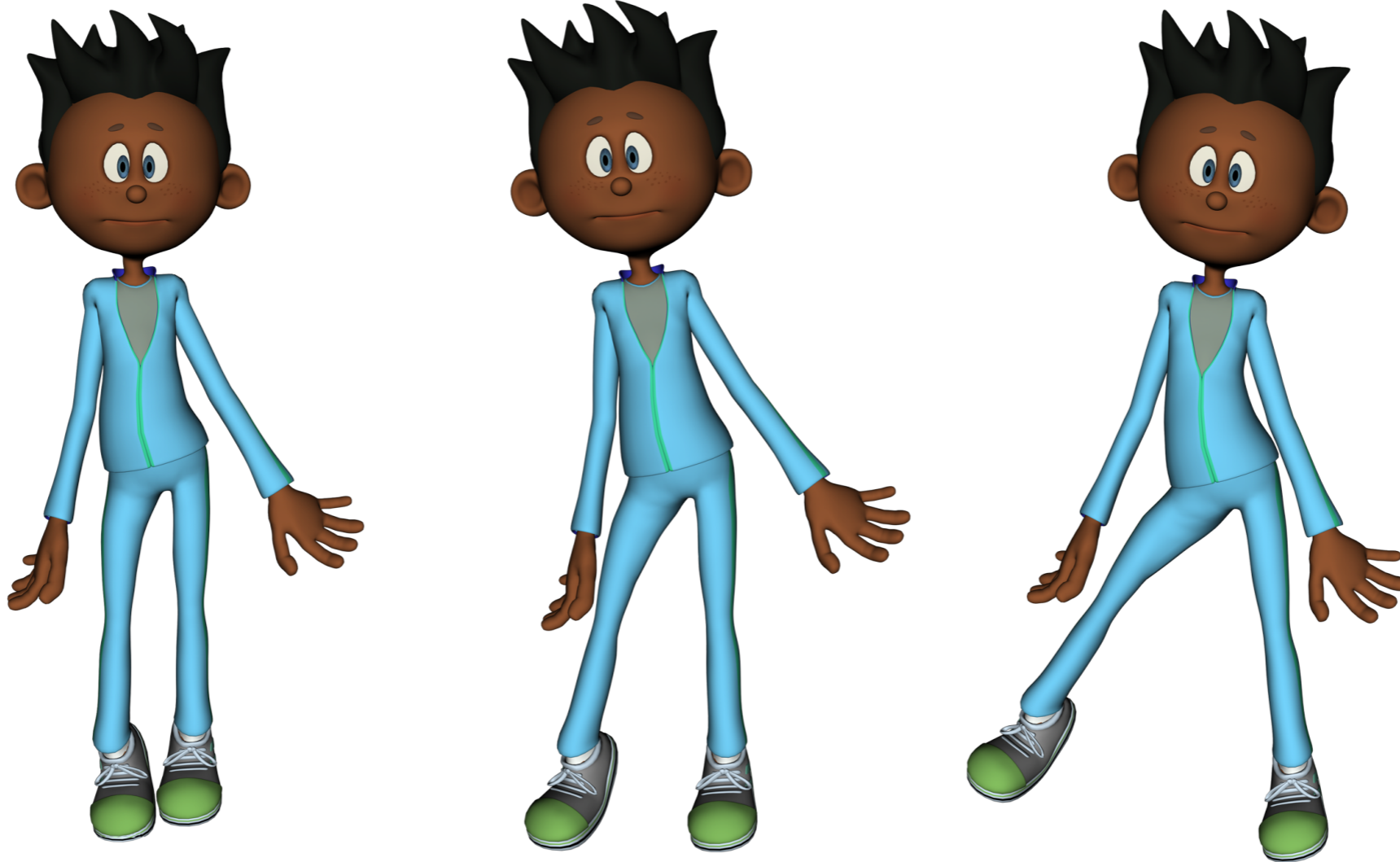


You Make My Heart Gallop!

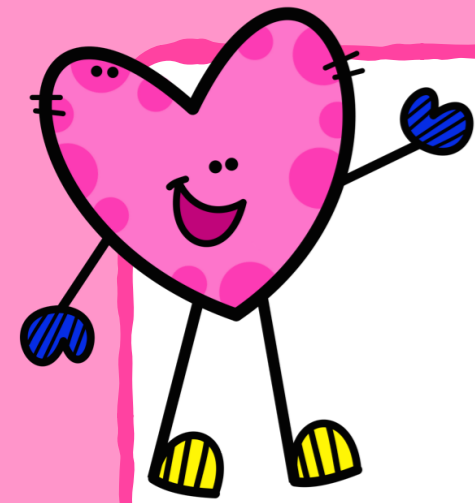


Horse Gallop: Gallop in a circle for 30 seconds.

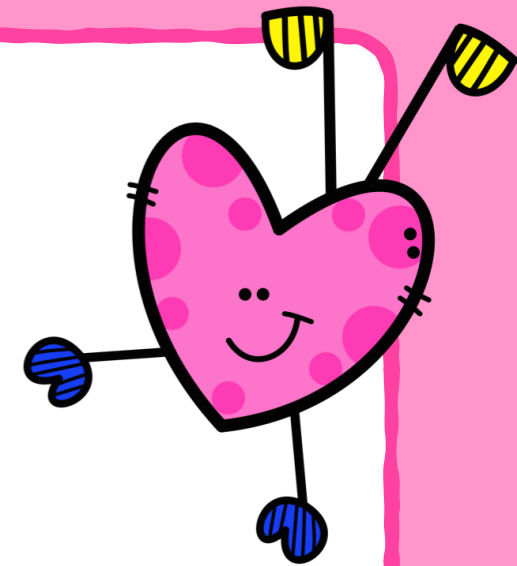
You Give Me Happy Feet!



Slide Step: Shuffle side to side for 30 seconds without crossing your feet over

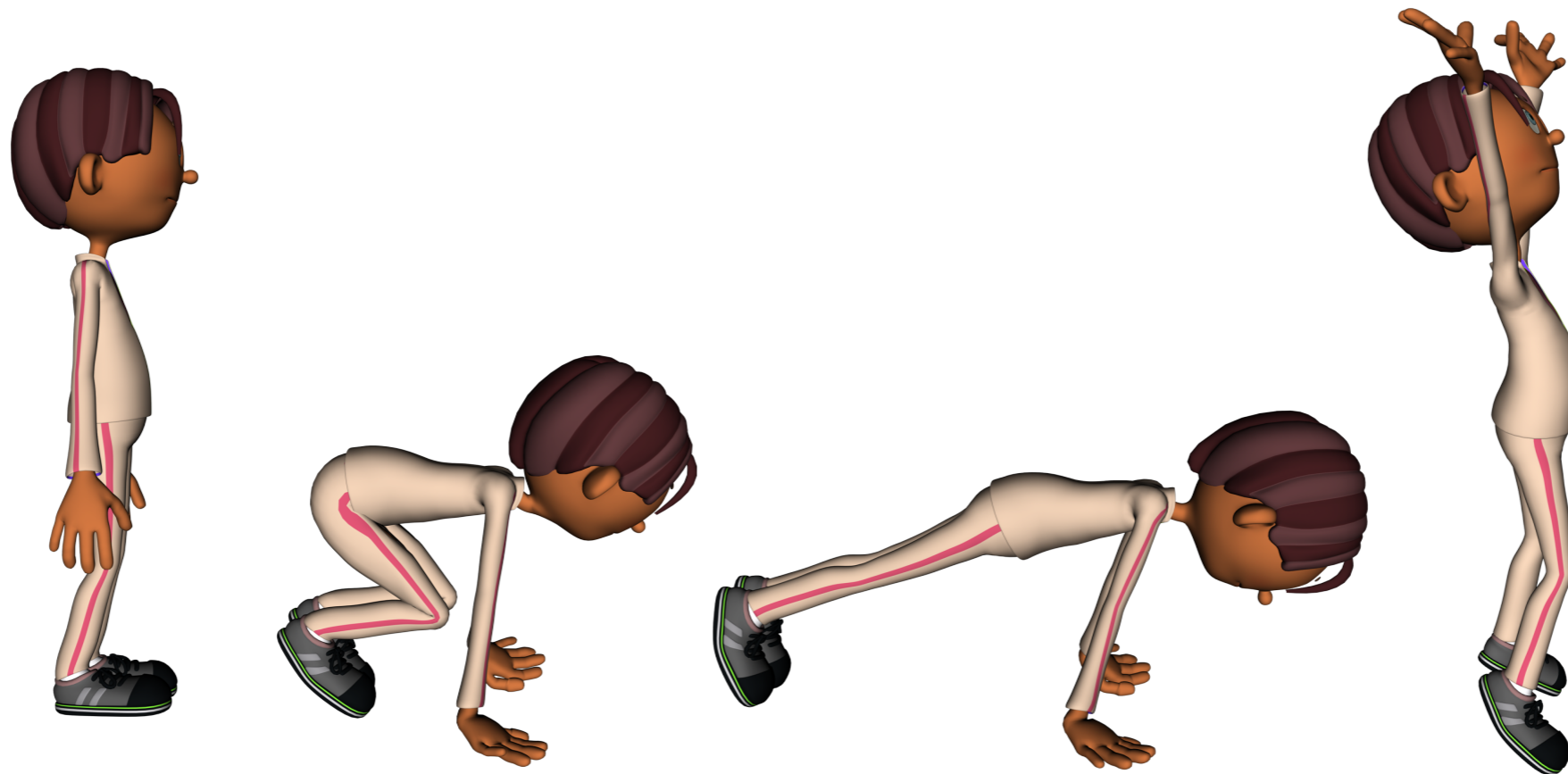


You Make My Heart Flutter!



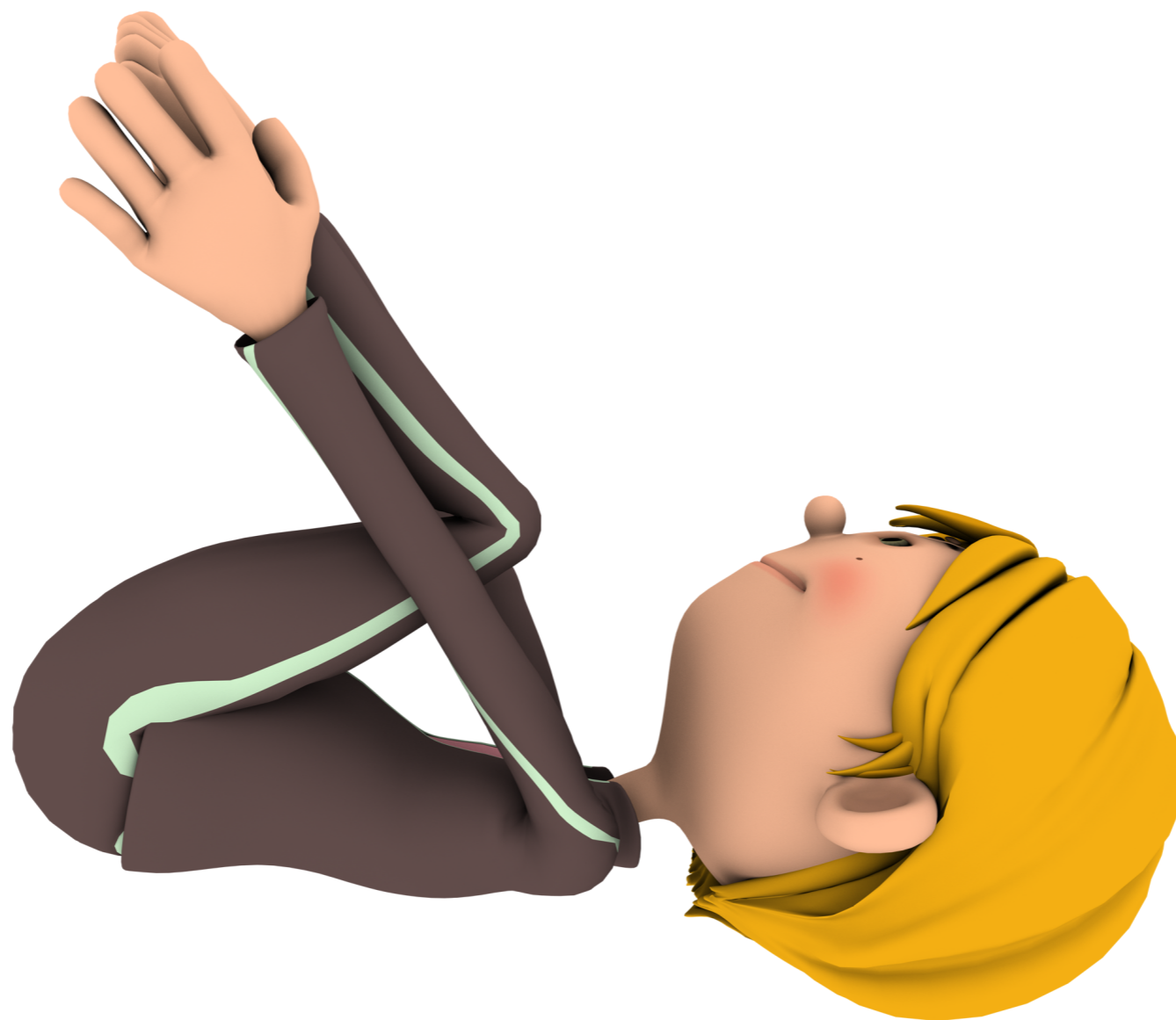
Butterfly Stretch: Sit on the floor and push the bottoms of your feet together. Using your elbows, gently press your knees down toward the ground.

You Take My Breath Away!

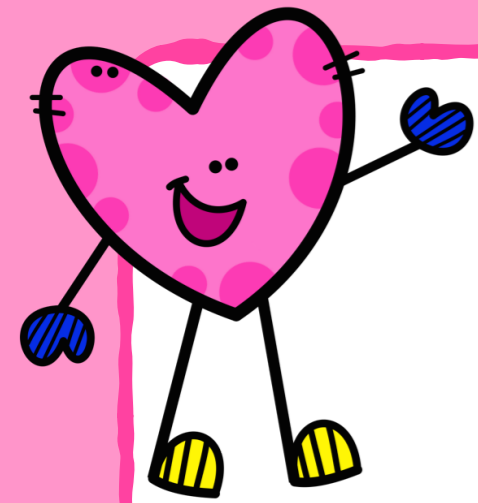


Burpees: Start in a standing position. Bend down and place your hands on the floor. Jump your feet back into a pushup position, then jump your feet back to your hands. Stand up and jump as high as you can. Repeat 5 times.

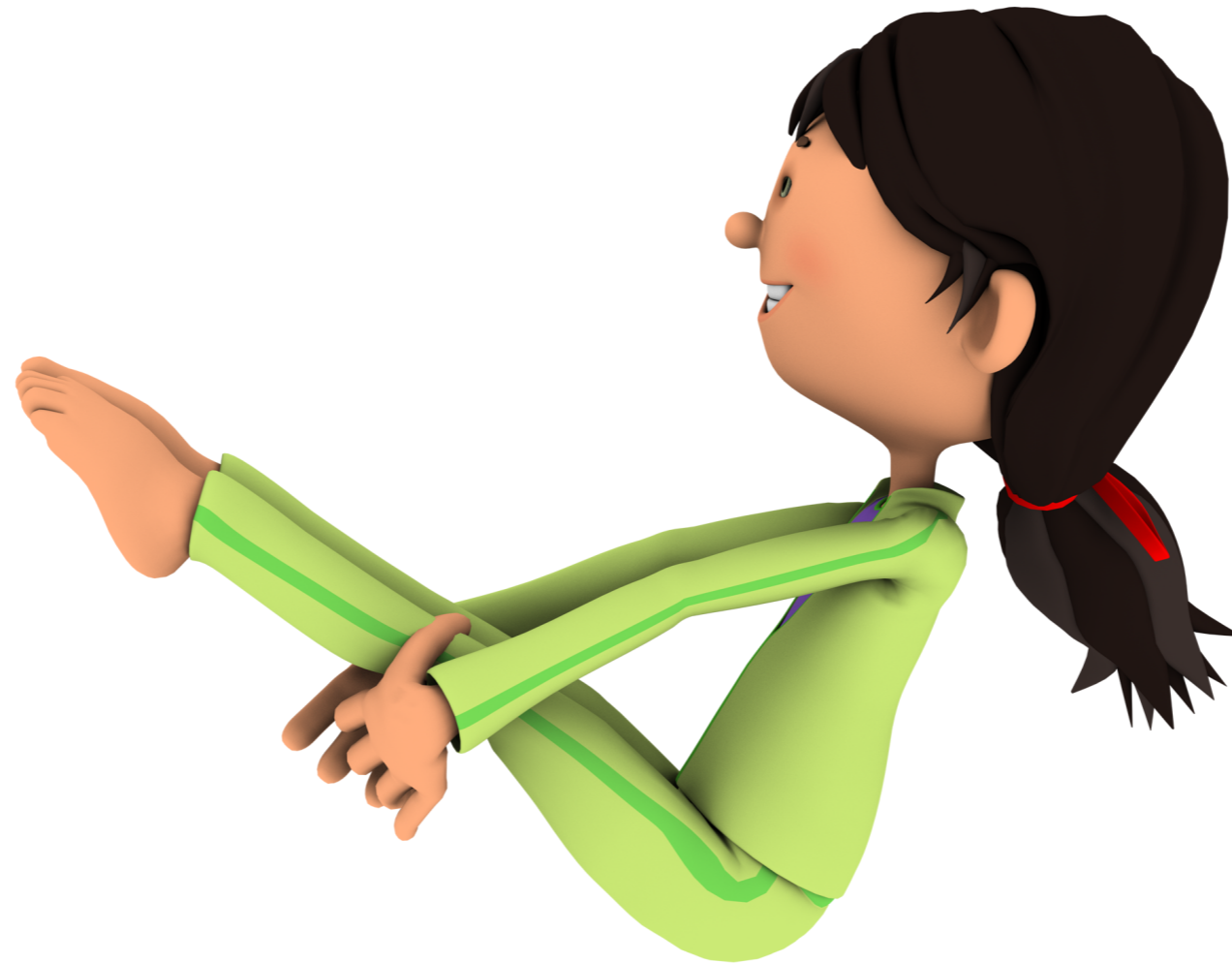
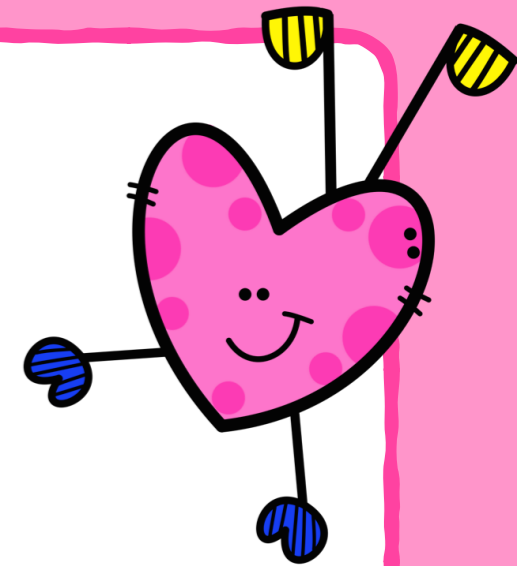
I'm Head ♥ Over Heels For You!



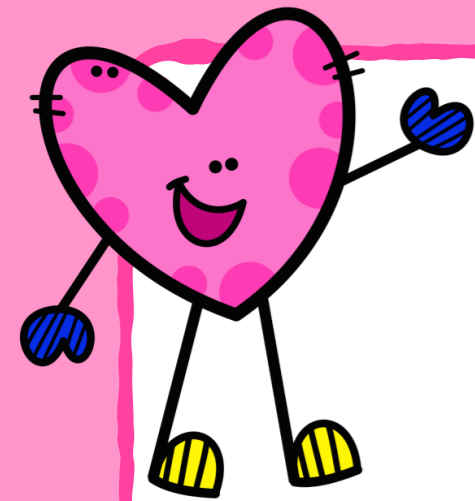
Happy Baby: Begin laying on your back. Bend your knees toward your belly and hold onto your feet or toes. Allow your body to gently rock side to side.



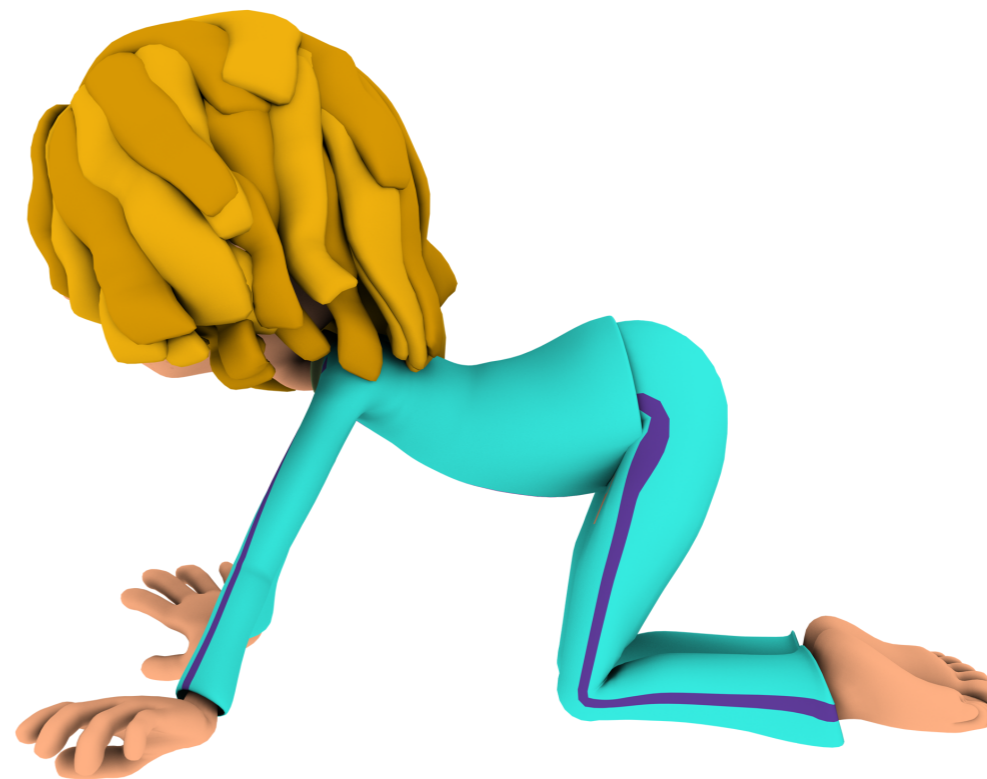
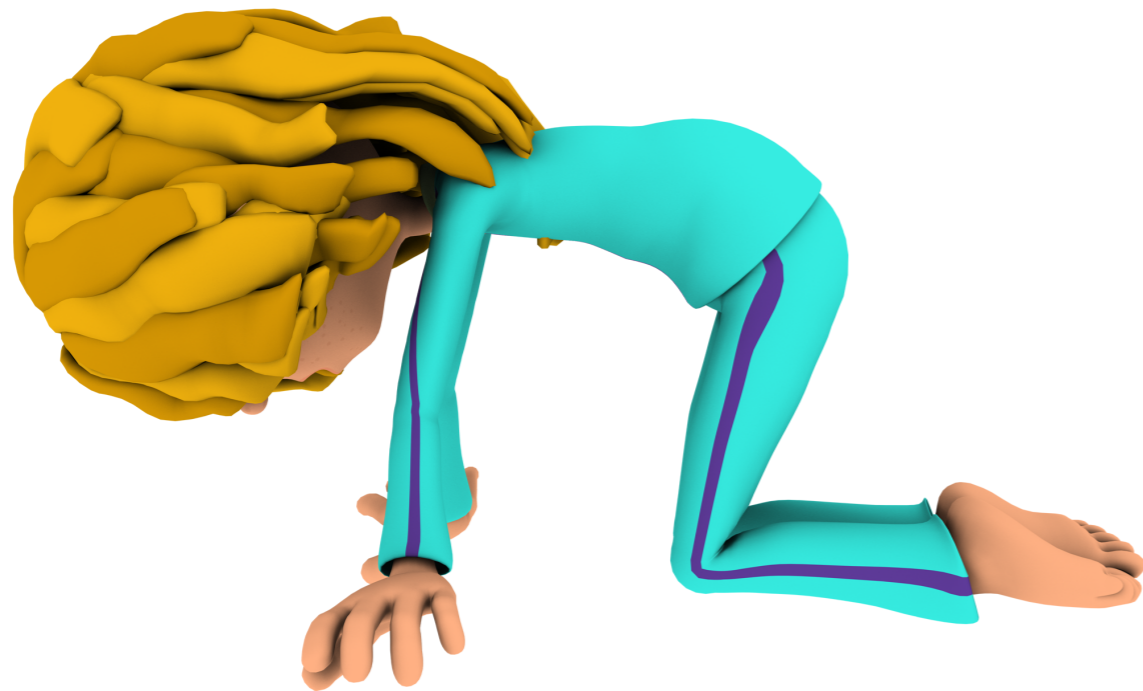
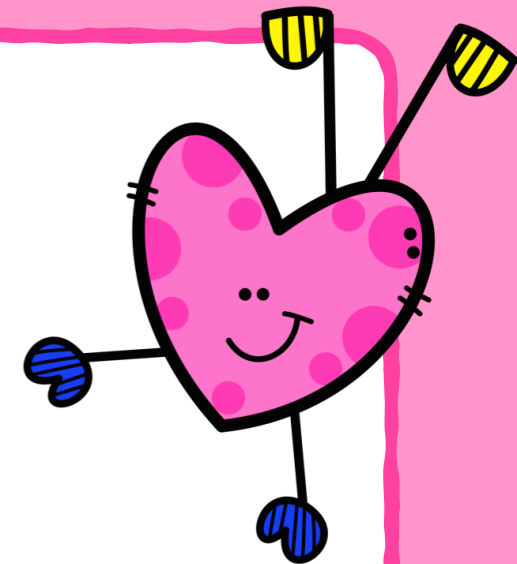
You Are Ferry Impressive!



Boat Pose: Sit on the floor and bend your knees, so your feet are flat on the floor. Lift your arms up and lean back, then slowly straighten your legs and lift them off the floor so your toes point to the ceiling. Hold for 10 seconds, then repeat.



You're Udderly Purrrr-fect!

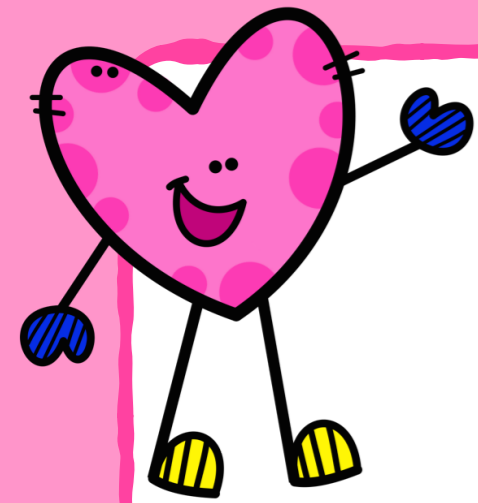


Cat/Cow Pose: Start on your hands and knees. Round your back towards the ceiling and look at your belly. Hold for a few breaths, then allow your belly to sink towards the floor and look up to the ceiling. Repeat for 30 seconds.

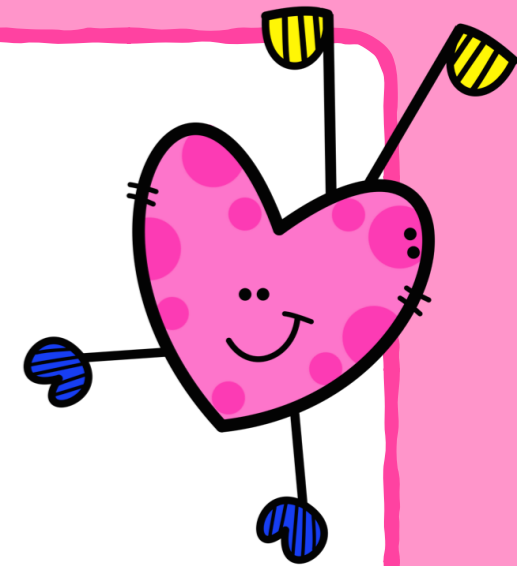
You're A Doggone Great Friend!



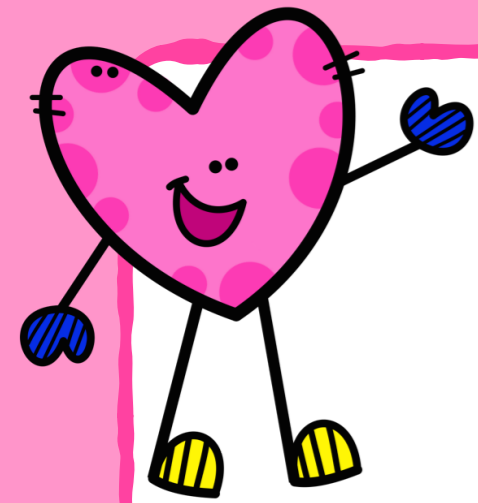
Downward Facing Dog: Begin on your hands and knees, then curl your toes, straighten your knees and lift your hips off the ground. Keep your head between your arms and hold for 10 seconds. Repeat.



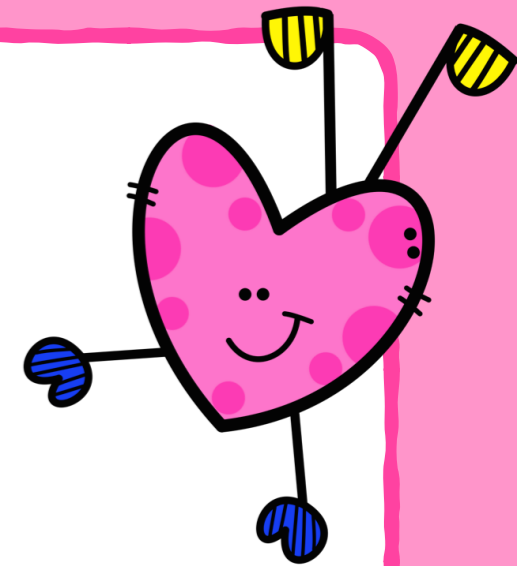
I'd Move Mountains For You!



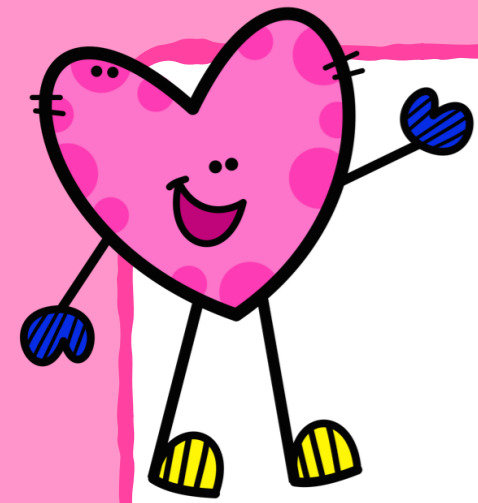
Mountain Pose: Stand tall with feet slightly apart. Allow your body to gently sway back and forth. Stop swaying and balance evenly. Press your shoulders back and straighten your arms. Breathe deeply and hold for 30 seconds.



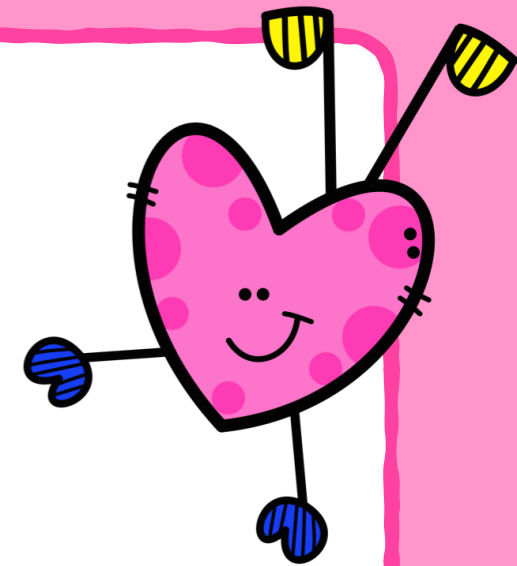
Y♡U Tie Me Up in Kn♡ts!



Seated Twist: Sit with your legs crossed. Place your left hand on your right knee, then twist to the right and place your right hand on the floor behind you. Hold for 10 seconds then repeat on the opposite side.



Nama-stay With Me Forever!



Salutation Seal: Sit on the floor with your legs crossed. Gently press your palms together and straighten your back. Breathe and relax for 30 seconds.