

Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 Pick your favorite activity from this month and do it again!</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> •National Nutrition Month <p>Yoga pictures from www.forteyoga.com</p>		<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>		<p>1 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p>3 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?</p>	<p>4 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>5 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p>6 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>7 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>8 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p>9 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>
<p>10 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>11 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>12 Happy Baby Pose Straighten your legs for an added challenge.</p> 	<p>13 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>14 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.</p>	<p>15 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p>16 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around</p>
<p>17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. <u>Code words:</u> green, St. Patrick's Day, lucky, leprechaun</p>	<p>18 Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>19 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car</p>	<p>20 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>	<p>21 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>22 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>23 Arm and Leg Tag A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.</p>
<p>24 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>	<p>25 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>26 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>27 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>29 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>30 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>