

Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</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 Grass-Cutters Practice running backwards. Stay low, and stay on the balls of your feet.</p>	<p>2 2 Kicks, Tap Kick one leg forward twice then bend down and tap your toe. Switch to the other side. Repeat 10 times.</p>
<p>3 Walk Down Superman Walk your hands down to your feet and out until you're flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times.</p>	<p>4 5 walking lunges 5 jumping split squats 5 jump squats 3 times through</p>	<p>5 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>6 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>7 Step Jumps Find a step or a bench and jump up and down 10 times. Be careful. Take a break if you need to.</p>	<p>8 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p>9 Step Jumps Find a step or a bench and jump up and down 10 times. Be careful. Take a break if you need to.</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 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>	<p>14 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.</p>	<p>15 Kick City 10 side kicks 10 front kicks 10 back kicks Talk about why using</p>	<p>16 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.</p>
<p>17 Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight</p>	<p>18 Shuffle, Cross Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.</p>	<p>19 Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>	<p>20 Superman's on all 4's Extend your left arm and right leg simultaneously, switch, and repeat for 10 reps.</p>	<p>21 Complete 10 of the following: High Skip Squat Jumps High Knees Walk backwards</p>	<p>22 Reverse Lunge with Hop Do a reverse lunge when bringing your leg back to the start position add a hop and go back into the reverse lunge.</p>	<p>23 Complete 10 of the following: High Skip Squat Jumps High Knees Walk backwards</p>
<p>24 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p>25 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</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 items that are healthy and yummy.</p>	<p>28 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.</p>	<p>29 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>30 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.</p>