

Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Reverse Tag All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes the "it" for the next round.	2 Walking Race Pick a distance and challenge a friend to a speed walking race. Remember these safety tips if participating in	3 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	4 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	5 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.	6 Clap and Catch Throw a ball or soft object up into the air. See how many times you can clap before you catch it
7 Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.	8 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat. 	9 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	10 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.	11 Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?	12 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.	13 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.
14 Revolved Triangle Pose Hold for 30-60 seconds on each side to target hamstrings and shoulders. 	15 Animal Charades Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess!	16 Jump Rope See how many times you can jump backwards in a row.	17 Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush.	18 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves. 	19 Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.	20 Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.
21 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	22 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.	23 Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.	24 Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.	25 Create a Dance Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin.	26 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.	27 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
28 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	29 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	30 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves. 	31 Attached at the Hip Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.	National Health Observances: <ul style="list-style-type: none"> Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month Whole Grains Month 	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. Yoga Images from www.forteyoga.com	