


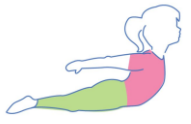


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 Make Your Own Stilts</b> Strap tin cans to the bottom of your feet and see if you can walk without falling.	<b>2 Just Dance ♥</b> Put your favorite song on and make up a dance to it!	<b>3 Follow the Leader ♥</b> Play Follow the Leader... with exercises! You can run, skip, and even dance! <b>Wear red!</b>	<b>4 Catch</b> Throw and catch with a partner(s). Practice using a variety of balls (e.g. a football, whiffle ball, and basketball.)
<b>5 Balloon Bounce</b> With a partner or by yourself try to keep a balloon in the air as long as you can.	<b>6 Jumping Beans ♥</b> Be creative and see how many different ways you can jump rope. Teach a friend.	<b>7 Carioca ♥</b> Move with your shoulders facing forward. Say to yourself: Side, front, side, back	<b>8 Red Light, Green Light ♥</b> Alternate rounds by hopping, galloping, running, sliding, skipping, and leaping.	<b>9 Jump Rope ♥</b> Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.	<b>10 Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	<b>11 Flamingo Pose</b> Balance on one leg lifting the opposite leg back to hip height. 
<b>12 Reverse Tag ♥</b> 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	<b>13 Crawl Like a Seal ♥</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	<b>14 Code Words ♥</b> While watching TV any time you hear the code words complete 10 jumping jacks. <u>Code words:</u> valentine, love, red	<b>15 Frog Pose</b> Squat down like a frog with your hands by your feet. 	<b>16 Crazy 8's ♥</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	<b>17 Active Word Showdown</b> Write down all of the active words you can think of. When you're finished go act them out!	<b>18 Around the House ♥</b> See how many times you can run around the outside of your house without stopping. Check your pulse when done.
<b>19 Jump, Jump ♥</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice and try to beat your score!	<b>20</b> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥	<b>21 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	<b>22 Skier Jump Rope ♥</b> While jumping rope jump side-to-side while keeping your feet together.	<b>23 Cardio and Stretch ♥</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.	<b>24 Frog Jump ♥</b> From the frog pose position, jump up and down and around your house. Have a frog race!	<b>25 Commercial Break</b> During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?
<b>26 Kick City ♥</b> 20 side kicks 20 front kicks 20 back kicks	<b>27 Snake/Cobra Pose</b> Lay down on your stomach and your chest bringing your arms back. 	<b>28 How Fast Can You Go? ♥</b> Pick a distance and see how fast you can run the distance.	<b>National Health Observances:</b> <ul style="list-style-type: none"> <li>American Heart Month</li> <li>National Children's Dental Health Month</li> <li>Teen Dating Violence Awareness Month</li> <li>Feb. 3<sup>rd</sup> National Wear Red Day</li> <li>Feb. 7<sup>th</sup> National Black HIV/AIDS Awareness Day</li> </ul> ♥= Heart Healthy Activities		<b>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!</b>	