




# Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>31</b></p> <p>Pick your favorite activity from this month and do it again!</p>	<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>•National Nutrition Month</li> </ul> <p>Yoga pictures from <a href="http://www.forteyoga.com">www.forteyoga.com</a></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><b>1 Grass-Cutters</b></p> <p>Practice running backwards. Stay low, and stay on the balls of your feet.</p>	<p><b>2</b></p> <p>Try and sprint from one end of your street to the other. Have a family member time you.</p>
<p><b>3</b></p> <p>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><b>4</b></p> <p>5 walking lunges 5 jumping split squats 5 jump squats</p> <p>3 times through</p>	<p><b>5 Partner Challenge</b></p> <p>Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p><b>6 Fitness Intervals</b></p> <p>10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p><b>7 Jab, Jab, Cross</b></p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p><b>8 Sugarcane Pose</b></p> <p>Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p><b>9 Limbo</b></p> <p>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><b>10 Crazy 8's</b></p> <p>8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p><b>11 Between the Knees</b></p> <p>Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p><b>12 Happy Baby Pose</b></p> <p>Straighten your legs for an added challenge.</p> 	<p><b>13 Toe Fencing</b></p> <p>With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p><b>14 Chest Pass</b></p> <p>Practice your chest passes against a brick wall. Remember to step towards your target.</p>	<p><b>15</b></p> <p>Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p><b>16 Catch with a Catch</b></p> <p>Toss a ball in the air, try each challenge before catching the ball:</p> <ol style="list-style-type: none"> <li>1. Touch your nose</li> <li>2. Clap twice</li> <li>3. High-five someone</li> <li>4. Spin around</li> </ol>
<p><b>17 Code Words</b></p> <p>While watching TV any time you hear the code words complete 10 jumping jacks. <b>Code words:</b> green, St. Patrick's Day, lucky, leprechaun</p>	<p><b>18</b></p> <p>Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p><b>19 Pretend!</b></p> <p>Pretend to:</p> <ul style="list-style-type: none"> <li>-Sit in a chair for 10 seconds</li> <li>-Shoot a basketball 10 times</li> <li>- Ride a horse</li> <li>-Be a frog</li> <li>-Lift a car</li> </ul>	<p><b>20 Jump, Jump</b></p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p><b>21 Walking Race</b></p> <p>Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p><b>22 Dance, Dance</b></p> <p>Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p><b>23</b></p> <p>Complete 25 of the following:</p> <ul style="list-style-type: none"> <li>High Skip</li> <li>Squat Jumps</li> <li>High Knees</li> <li>Walk backwards</li> </ul>
<p><b>24 Squat with Kicks</b></p> <p>Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p><b>25 Fitness Intervals</b></p> <p>10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p><b>26 Do this:</b></p> <ul style="list-style-type: none"> <li>-Hop on one leg 30 times, switch legs</li> <li>-Take 10 giant steps</li> <li>-Walk on your knees</li> <li>-Do a silly dance</li> <li>-Sprint for 10 seconds</li> </ul>	<p><b>27 Set the Menu</b></p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p><b>28 Vertical Jump</b></p> <p>Jump as high as you can for 30 seconds. Repeat.</p>	<p><b>29 Ragdoll Pose</b></p> <p>Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p><b>30 Jab, Jab, Cross</b></p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>