

December 2016

Elementary Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>NATIONAL HEALTH OBSERVANCE Safe Toys and Gifts Month (preventing blindness)</p>		<p>1 Pretend you're the fastest sprinter in the world! Challenge a friend or family member to a race.</p>	<p>2 Pretzel Race! Stand on your left leg, lift your right leg and cross it in front of your left knee, and cross your arms in front of your body. Hop in your pretzel position to the finish line!</p>	<p>3 It's holiday season! Have your kids help you hang up lights and decorations both indoors and outdoors.</p>
<p>4 Bowling! Set up some empty bottles or cans and try to knock them down. Can you get a spare? Strike?</p>	<p>5 Practice your basketball passing! 10 Chest passes 10 Bounce passes 10 Overhead passes 10 Behind the Back passes</p>	<p>6 Have your kids help you make a healthy dinner. Be sure to include fruits and vegetables!</p>	<p>7 Hopscotch! Use tape to make a game on your floor or chalk to make a game on the sidewalk.</p>	<p>8 Make up a dance routine using 8-12 steps. Practice the dance then teach it to someone else!</p>	<p>9 Jump Rope! Try Single Side Swing and Jump! Twirl the rope to the left side, jump over rope; twirl the rope to the right side, jump over rope. Repeat 10 times.</p>	<p>10 Clean-up Race! Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a friend or sibling? Each pick a room to clean and race each other!</p>
<p>11 Community Service! Go buy a <i>safe</i> toy(s) with your family. Deliver it to a needy family or giving tree! Discuss ways to prevent blindness and ways to be safe when playing with toys.</p>	<p>12 Inch Worms! Start standing up; hinge at the hips and walk your hands out until you have a flat back and are completely supported on your hands and toes. Walk your feet forward to meet your hands and stand back up. Repeat 8-10 times.</p>	<p>13 Play Mother May I! Some suggestions include galloping three times, leaping twice, skipping four times, sliding three times, and running for three seconds.</p>	<p>14 Animal Races! Hop like a bunny, squat and waddle like a duck, and slither like a snake. Remember the bear walks and walrus crawls from last month? Do those, too!</p>	<p>15 Practice your right leg split, left leg split, and middle split. Hold each one for 30 seconds.</p>	<p>16 Hold Boat Pose three times for 15 seconds. Practice Dancer Pose and Crescent Lunge Twist from last month, too!</p> 	<p>17 Bundle up! Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!</p>
<p>18 Cardio and Abs! 5 burpees 10 frog jumps 15 Russian twists (each side) 20 second plank</p>	<p>19 Push over Mom and Dad! Plant your feet and see if your kids can budge you. If you move a foot, the kids win! To make it easier for younger ones, stand on one foot.</p>	<p>20 10 arm circles (forward and backward) 10 shoulder shrugs (forward and backward) 10 standing trunk rotations (hands on hips or straight out to side).</p>	<p>21 Pretend you're a big league pitcher! Put a target on a brick wall and practice pitching at it. Be sure and transfer your weight towards your target!</p>	<p>22 Watch a holiday movie with the family! Jog in place during the commercials.</p>	<p>23 Enjoy a day sledding or building a snowman. No snow? Be creative and make up a game!</p>	<p>24 Pillow fight! No explanation needed.</p>
<p>25 Remember Downward Dog from September? Dolphin Pose is the same thing except you are on your forearms. Hold Dolphin Pose three times for 15 seconds.</p> 	<p>26 Popcorn Push-ups! Put a small bowl of popcorn on the floor. Each time you lower yourself down in a push-up, stick out your tongue and take a bite!</p>	<p>27 Dribble a basketball 100 times with your right then 100 times with your left hand. Keep your head up and use your fingertips!</p>	<p>28 How many times can you keep a balloon up without it hitting the floor? Try and beat your score each time you play!</p>	<p>29 Gather up some friends or family members and play a sport! Soccer, basketball, tennis, street hockey, kickball, it's up to you!</p>	<p>30 Kick a soccer ball or kickball back and forth with a partner. Practice using both feet.</p>	<p>31 Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2016. It could be a jump rope move or to become more proficient at your dribbling skills.</p>