





Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>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.</p>	<p>2 Walking Race Pick a distance and challenge a friend to a speed walking race. Remember these safety tips if participating in</p>	<p>3 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>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</p>	<p>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.</p>	<p>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</p>
<p>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.</p>	<p>8 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p>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</p>	<p>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.</p>	<p>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?</p>	<p>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.</p>	<p>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.</p>
<p>14 Revolved Triangle Pose Hold for 30-60 seconds on each side to target hamstrings and shoulders.</p> 	<p>15 Animal Charades Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess!</p>	<p>16 Jump Rope See how many times you can jump backwards in a row.</p>	<p>17 Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush.</p>	<p>18 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p>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.</p>	<p>20 Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.</p>
<p>21 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>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.</p>	<p>23 Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>24 Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>25 Create a Dance Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin.</p>	<p>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.</p>	<p>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</p>
<p>28 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>29 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>30 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves</p> 	<p>31 Attached at the Hip Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month Whole Grains Month 	<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.</p> <p>Yoga Images from www.forteyoga.com</p>	