





# Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1 Over-And-Under</b> With your back to your partner, stand about a foot apart. One person will start with the medicine ball (or any ball.) Pass the ball to your partner through your legs then extend your arms up to retrieve it.</p>	<p><b>2 Walking Race</b> Pick a distance and challenge a friend to a speed walking race. Remember these safety tips if participating in</p>	<p><b>3 Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p><b>4 Do this:</b> -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><b>5 High Skips</b> Do five sets of 10 high skips. Really lift those arms and knees!</p>	<p><b>6 Balloon Tennis</b> Blow up a balloon and with a partner hit the balloon back &amp; forth. Use forehand and backhand</p>
<p><b>7 Revolved Triangle Pose</b> Hold for 30-60 seconds on each side to target hamstrings and shoulders.</p> 	<p><b>8 10-10-10</b> Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.</p>	<p><b>9 Rise and Squat</b> When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>	<p><b>10 Leg Day</b> 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Revolved Triangle Pose for 60s each side</p>	<p><b>11 Single Leg Jump Rope</b> 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><b>12 Triceps Dips on the 10's Challenge</b> On the 10<sup>th</sup> of the hour stop what you're doing and do triceps dips using your chair.</p>	<p><b>13 Between the Knees</b> Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>
<p><b>14 Upward Crescent Moon Pose</b> This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p><b>15 Walk and Think</b> How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied.</p>	<p><b>16 Jump Rope</b> See how many times you can jump backwards in a row.</p>	<p><b>17 Planks with Push-Ups</b> Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	<p><b>18 Side Seated Angle Pose</b> Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p><b>19 Stairs</b> Jog up and down a flight of stairs. Try to skip a step for an extra challenge.</p>	<p><b>20 Just Dance</b> Put on your favorite song and just dance for the entire song.</p>
<p><b>21 Walk and Talk</b> 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><b>22 Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.</p>	<p><b>23 Line Jumps</b> Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p><b>24 Yoga Combo</b> Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p><b>25 Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p><b>26 Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p><b>27 Catch with a Catch</b> 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><b>28 Crazy 8's</b>        8 jumping jacks        8 leaps        8 frog jumps        8 vertical jumps (as high as you can)        Repeat 3 times</p>	<p><b>29 Cardio and Stretch</b>        Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.</p>	<p><b>30 Side Seated Angle Pose</b>        Hold for 30-60 seconds on each side to target the hamstrings and calves</p> 	<p><b>31 Attached at the Hip</b>        Place a ball between you &amp; partner's hips. Try to walk across the room without letting the ball drop.</p>	<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>• Fruit and Veggies – More Matters Month</li> <li>• National Childhood Obesity Awareness Month</li> <li>• National Yoga Awareness Month</li> <li>• Whole Grains Month</li> </ul>	<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.        Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>
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<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>