



December 2023

Secondary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> Safe Toys and Gifts Month, New Book Month Universal Human Rights Month International Volunteer Day (Dec 5), Games Day (Dec 20), Look on the Bright Side Day (Dec 21), National Card Playing Day (Dec 28) 			<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>1 Minute Counter</p> <p>Count the number of minutes of physical activity you have today. Track the number every day all month.</p>	<p>2 My Muscles</p> <p>Anatomy Quiz Name at least 5 muscles and how you use them. Perform at least 3 of the exercises you named.</p>
<p>3 Make a Gift Day</p> <p>Design a workout plan for a friend or family member.</p>	<p>4 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. Try to add a minute every Monday this month.</p>	<p>5 International Volunteer Day</p> <p>Find an opportunity in your school/community to volunteer at a special education program.</p>	<p>6 Strength in Reading</p> <p>Celebrate New Book Month by reading a book on fitness. Share what you read with a friend or family member.</p>	<p>7 Chair Pose</p> <p>Hold for 30 seconds, relax then repeat.</p> 	<p>8 Try this</p> <ol style="list-style-type: none"> 1 Minute plank 2 Minute jog 3 RDLs 4 Broad jumps 5 Kettlebell Swings 6 Shoulder Taps 7 Jump and reach 8 Half Jacks 	<p>9 Stress Relief Saturday</p> <p>Pick one of the following stress reduction techniques</p> <ul style="list-style-type: none"> -Take a 10 minute walk - -Practice mindfulness -Listen to music -Write a reflection in your journal
<p>10 Human Rights</p> <p>Read the Universal Declaration of Human Rights. Which articles speak to physical activity? Which article resonates with you most?</p>	<p>11 Find Your App</p> <p>Today is National App Day. Plug in to your favorite health and wellness app.</p>	<p>12 Favorite Moves</p> <p>Perform your age in favorite exercises! (i.e., if you're 15, that's 15 exercises). Challenge: perform same number of reps of each exercise.</p>	<p>13 Advocate for Well-Being</p> <p>Define advocacy. What are ways you can advocate for your health and well-being? Make a poster supporting your position and share it with your friends and teachers.</p>	<p>14 International Human Rights Month continued</p> <p>Why are human rights important? If you created your own student rights, what would you include?</p>	<p>15 Mindful Senses</p> <p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste 	<p>16 Family Fitness Time</p> <p>Take the lead and plan physical activity time for everyone where in your house.</p>
<p>17 Pay it Forward, Smile</p> <p>Make it a point to smile at every person you see today.</p>	<p>18 Be Thankful</p> <p>Write a thank you card to any teacher/staff member or friend. Share how they helped you accomplish a personal goal.</p>	<p>19 Give it Forward</p> <p>Give a genuine compliment to five different people today.</p>	<p>20 Favorite Game</p> <p>Share your favorite game with friends and classmates.</p>	<p>21 Look on the Bright Side</p> <p>Try your best today to see the positive in things! Name three things you're thankful for!</p>	<p>22 Beat the Stress</p> <p>Reduce holiday stress by holding your favorite yoga pose. Don't have one? Try the Tree Pose!</p> 	<p>23 Try This x 2!</p> <p>Challenge yourself and complete 2 rounds of the workout from Dec 8th!</p>
<p>24 Dance it Out!</p> <p>Step up your Sunday with a dance party! Add Winter Holiday music if you'd like!</p>	<p>25 Winter Walk!</p> <p>Gather your friends/family, bundle up if needed, and go for a 25 minute walk today!</p>	<p>26 Go in Gratitude</p> <p>Give thanks to 5 different people via text, phone call, letter, or email.</p>	<p>27 Bright Side</p> <p>Print out 10 favorite inspirational quotes. Share them with your friends.</p>	<p>28 Play Cards</p> <p>Create a game using a deck of cards. Aces = fave yoga pose 5s = 5 reps of a lower body exercise, etc.</p>	<p>29 Tick Tock Day</p> <p>Which fitness goals were unfinished.? How will you amend/update/change the goals for 2024?</p>	<p>30 Last Chance Workout!</p> <ul style="list-style-type: none"> 30 Burpees 30 Jump Lunges 30 Squat Jumps
<p>31 Healthy Habit</p> <p>Commit to a positive healthy habit in 2024. Write it down and tell 3 friends or family members.</p>				<p>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p> <p>Yoga images from www.yogaforte.com</p>		