

Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> •American Heart Month •National Children's Dental Health Month •Teen Dating Violence Awareness Month Yoga pictures from www.forteyoga.com		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!		Before you start: Look at the month's activities. Circle the activities that improve your cardiovascular endurance.	1 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).
3 Yogi Squat Pose Hold for 30 seconds rest and repeat. 	4 Limbo 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?	5 Boat Pose Hold Boat Pose three times for 15 seconds. 	6 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	7 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	8 Along the sidewalks alternate between skipping, speed walking, and jogging.	9 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. 
10 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.	11 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	12 Put your favorite song on and make up a dance or fitness routine!	13 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.	14 Yogi Squat Pose Hold for 30 seconds rest and repeat. 	15 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	16 Active Word Showdown Write down all of the active words you can think of. When you're finished go act them out!
17 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	18 Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.	19 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	20 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	21 Put your favorite song on and make up a dance or fitness routine!	22 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	23 Downward Dog Hold three times for 20 seconds. Try lifting one leg for an even greater challenge! 
24 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	25 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	26 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	27 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	28 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.		