






February 2012

Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Put a T-shirt on the floor. Sit on it and push yourself around the floor using only your arms. Now try using only your feet.</p>	<p>2 Using a laundry basket and recycled paper – make a bunch of paper balls and practice throwing into the basket from different distances.</p>	<p>3 Flashlight Dance – Have your parent/caregiver shine a flashlight on any part of your body. Your job is to shake that body part. Shake it high, low, fast and slow.</p>	<p>4 Get outside and take a walk. Play a game of ... I like being outside because ...</p>
<p>5 Practice your jumping and hopping today. How far can you go? How many can you do in a row?</p>	<p>6 Go ice skating inside. Put two paper plates on the floor and use them to skate around the room. Try taking big steps or small steps; try going in a straight line or a curvy line.</p>	<p>7 Silly walking around your home – walk all around your home acting out different emotions – can you walk happy, sad, shy, angry?</p>	<p>8 Play add-on – take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.</p>	<p>9 Have fun rolling a ball back and forth to each other. Start out really close and then move further away.</p>	<p>10 Work on your catching today. Toss a scarf or ball to yourself – watch it move through the air and make a home for it with your hands. Can you clap your hands before you catch it? Can you touch your tummy before you catch it?</p>	<p>11 Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, clapping, or snapping.</p>
<p>12 Put some music on and dance – try to keep moving for an entire song.</p>	<p>13 Play the Mirror Game – Face a partner and copy what they do with their bodies as if you were looking into a mirror</p>	<p>14 Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened?</p> 	<p>15 Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud, or under a tree.</p>	<p>16 Get outside and work on your jumping skills. Find a rope and lay it on the ground – practice jumping back and forth over it as you sing your favorite song.</p>	<p>17 Play a game of Shape It! Have your parent/caregiver show you anything in the house and your job is to put your body into that shape.</p>	<p>18 Sweep the kitchen floor, working on your reaching and pulling and pushing motions.</p>
<p>19 Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.</p>	<p>20 Body Ball Roll – using a ball such as a beach ball work on rolling the ball around the body. Stand up, sit down, kneel or lay down. Go around the whole body are different body parts.</p>	<p>21 Do opposites. Jump high then low. Swing your arms fast then slow. Walk forward then backwards. Twist your body using a lot of space then a little space.</p>	<p>22 Time to explore space. Using a scarf explore the space around you. Move the scarf up and down, around, in different pathways, shapes and sizes.</p>	<p>23 Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.</p>	<p>24 Run to each space in your home. When you are there wiggle, jump or twist 10 times before going to the next space.</p>	<p>25 Go on a color walk outside – try to find as many different colors as you can. When you find a color do 10 jumps before going to a new color.</p>
<p>26 Place a sheet of newspaper on your tummy – try to run without it falling off.</p>	<p>27 Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw.</p>	<p>28 Using the newspaper balls from yesterday – hold them between your knees and take them to the other end of the room.</p>	<p>29 Read through each day again and repeat your favorite February activity. Enjoy!</p>		<p>Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit www.naspe.org. For more information about lifelong and inclusive physical activity visit www.aapar.org</p>	