







March 2009

Early Childhood Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Get outside today and play I spy. Each time one of you says I spy you have to all walk, run or gallop to that object</p>	<p>2 Practice bouncing a ball. Bounce it high – bounce it low. Can you bounce it more than one time in a row? This is called dribbling.</p>	<p>3 Turn on some music and take turns choosing a way to move.</p> 	<p>4 Write your name really big on a sheet of paper - put your body into the shapes of each letter. Can you do this standing up? Can you do this laying down?</p>	<p>5 Animal action fun – one person says the name of an animal and the other person has to move around the house like that animal would</p>	<p>6 Crawling is a great way to work on the muscles in your arms. Try to crawl around your house for a few minutes – take a break and do it again</p>	<p>7 Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.</p>
<p>8 Using a scarf, practice your self toss & catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.</p>	<p>9 Leaping ... put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.</p>	<p>10 Where is your? When mom or dad says the name of a body part, put that body part on the floor -or change it so that body part has to be up high.</p>	<p>11 Play a game of Do as I Say – one person will give 2-3 movement commands for the child to say and do. For example – jump up, turn around, sit down.</p>	<p>12 Have someone help you make a paper airplane - practice throwing it. Make an airport and try to get the plane to land in the airport.</p>	<p>13 Work on your ball rolling skills today. Roll a ball back and forth with someone or set up some targets and try to knock them down.</p>	<p>14 Make a tunnel with a blanket and some chairs. Crawl through it, run around it, crab walk into it.</p>
<p>15 Ask someone to go for a walk with you - as you walk make up a song about moving and having fun together.</p>	<p>16 Work on your jumping today – how high can you jump? How far can you jump? How many times can you jump in a row?</p>	<p>17 Movement Memory – One person does three movements as the other person watches. The next person repeats those movements.</p>	<p>18 Twins – for 2-5 minutes pretend you are connected to someone else and the two of you have to move exactly the same way. Be ready to laugh!</p>	<p>19 Go on a walk through your house. Each time you get to a new room, change the way you are moving.</p>	<p>20 Lie on the floor and really stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax – repeat.</p>	<p>21 Pretend to have a beach party – turn on some beach music and dance. Pretend to surf and swim as you work your body.</p>
<p>22 Be a superhero! Think about all of your favorite superheroes - spend some time moving just like they do.</p>	<p>23 Work on your tossing and catching skills with someone. Toss it right to their hands.</p>	<p>24 Silly Grocery Bag Fun – put a paper grocery bag on each foot and slide around the floor in different pathways and shapes.</p>	<p>25 Create a movement pattern – for example run, run, jump, jump – and then practice it. Make up a new one.</p>	<p>26 Pretend your arms or foot or elbow or nose is a crayon and draw a big picture of a rainbow in your house.</p>	<p>27 Using rolled up socks and a laundry basket work on throwing to a target. Try it close and then far away.</p>	<p>28 Work on your locomotor skills – go outside and practice walking, running, galloping, skipping, jumping and hopping.</p>
<p>29 Get outside and pick up trash in your yard.</p> 	<p>30 Pretend to be a balloon – first without air, then being blown up, then floating around the room, and then being popped.</p>	<p>31 Penny Pick-up: spread out 25 pennies and ask your child to pick up each penny and place it in a cup. Practice counting together.</p>			<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.</p>	