



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Run in circles. Go outside and run in big, small, and medium sized circles.</p>	<p>2 Make a paper airplane and see how far you can make it fly.</p>	<p>3 Work on your tossing skills. Find some small objects to toss into a box. Keep backing up to see if you can toss further.</p>	<p>4 Play catch with someone. Start really close and after every 2 tosses back up one step.</p>	<p>5 Draw a hopscotch pattern outside and work on your jumping and hopping skills.</p>	<p>6 Go to a park and try to keep moving for 15 minutes without stopping...run, climb, and jump.</p>
<p>7 Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over.</p>	<p>8 Stretch your body into the shapes of each letter in your name. Stretch big and small.</p>	<p>9 Can you walk while you balance a book on your head?</p> 	<p>10 Spread out paper plates on the floor. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.</p>	<p>11 Roll up some socks to make a soft ball and practice your self-toss and catch skills.</p>	<p>12 Find an open space and work on rolling in different ways...long, straight body and a curled up small body.</p>	<p>13 Say three different motions as your partner does them, such as touch your nose, spin around, and jump up high. Take turns.</p>
<p>14 Go for a family walk and take turns saying something you are really happy about or thankful for.</p>	<p>15 Find a line on the floor, practice jumping over it. Swing your arms high and land softly.</p>	<p>16 Draw or cut out some odd shapes, then put your body into each shape.</p>	<p>17 Turn on some slow, quiet music – lay on the floor, relax, breath and stretch.</p>	<p>18 Walk and run around your house 4 times. Each time try to go a little faster.</p>	<p>19 Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.</p>	<p>20 Pretend that you are at a magical zoo. Identify an animal-move and sound like that animal.</p>
<p>21 Pretend to be a growing flower. First you are a tiny seed in the ground and then you grow into a big flower.</p>	<p>22 Find a balloon and try to keep it up in the air. Try volleying it with different parts of your body.</p>	<p>23 Work on throwing hard. Bring the ball back to your ear and take a nice big step forward.</p>	<p>24 Play follow the leader with someone. Try to move in many different ways.</p>	<p>25 Do a job like sweep the floor. Try to find something that uses lots of muscles.</p>	<p>26 Draw different shapes with sidewalk chalk and practice moving over and around them.</p>	<p>27 Work on dribbling a ball with your feet. Try saying tap, tap, run, run as you do this.</p>
<p>28 Practice passing a ball back and forth, using your feet. Start out close and move apart.</p>	<p>29 Make up a silly dance, show it to someone, and then ask them to do it with you.</p>	<p>30 Go back and do your favorite activity this month.</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>		