





# July 2009

## Get Moving Today Activity Calendar



AMERICAN ASSOCIATION  
FOR PHYSICAL ACTIVITY  
AND RECREATION



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit <a href="http://www.naspe.org">www.naspe.org</a>. For more information about lifelong and inclusive physical activity visit <a href="http://www.aapar.org">www.aapar.org</a></p>			<p><b>1</b> Walk or run around your house as you sing your favorite song.</p>	<p><b>2</b> Have fun in the water today – really try to use all of your muscles.</p>	<p><b>3</b> Run in the pathway of each letter of your name. Make each letter big and then small.</p>	<p><b>4</b> Find time to exercise with your family today. Either go for a walk, swim, or hike.</p>
<p><b>5</b> Help with a chore around the house that uses lots of your muscles, such as washing the car or pulling weeds.</p>	<p><b>6</b> Practice your throwing skills. Step at your target and follow through toward your target.</p>	<p><b>7</b> Get your body wet and then lay down on the driveway. When you get up you will see an impression of your body. Practice jumping over yourself.</p>	<p><b>8</b> Play catch with a water balloon. Make a nice soft home for the balloon with your hands, and “give” with your body as you catch it.</p>	<p><b>9</b> Pretend to Swat a Fly- Use a foam noodle to run around your yard swatting flies.</p>	<p><b>10</b> Work on throwing into a target. Find different sized buckets or boxes and practice throwing into each of them.</p>	<p><b>11</b> Set up an obstacle course using things to jump over, go around, and even move under. See how fast you can do it.</p>
<p><b>12</b> Do the course you did yesterday but go through it the other direction.</p>	<p><b>13</b> Do one movement, then your partner copies it but adds on one more, then you do your first movement, your partners’ movement and then add on.</p>	<p><b>14</b> Ask someone to take you to a park. Play on every piece of equipment.</p> 	<p><b>15</b> Set up a sprinkler and have fun running through it. Try running around the house after every trip through the sprinkler.</p>	<p><b>16</b> As soon as you get up today – do 10 jumps, 10 reaches, 10 twists, and 10 crazy moves.</p>	<p><b>17</b> Before you go to bed tonight – lie on the floor and as you breathe try to make every muscle tight and then every muscle relaxed.</p>	<p><b>18</b> Set up a variety of targets – bottles, cans, buckets. Then work on throwing at them from different distances.</p>
<p><b>19</b> Turn on some music and take turns moving to it.</p>	<p><b>20</b> Set up those same targets as yesterday but today work on kicking at them from different distances.</p>	<p><b>21</b> Pretend to go on a trip today – drive your car, ride a motorcycle, and paddle a boat. Really use your muscles.</p>	<p><b>22</b> Take a walk all over your yard – first go in straight lines, then curvy lines, and then try walking backwards.</p>	<p><b>23</b> Find a bouncy ball and practice bouncing and catching. Bounce it off the ground.</p>	<p><b>24</b> Find something to climb – make sure you ask mom or dad first.</p>	<p><b>25</b> Plan a day to go to a swimming pool yet this month – either today or in the next few days.</p>
<p><b>26</b> Play a game- One person says “I see a mailbox” and the other person has to run to it, touch it, and run back.</p>	<p><b>27</b> Play the game you did yesterday – but instead take turns throwing a ball until you get to that object.</p>	<p><b>28</b> Turn on some fast music and take turns making up new moves. Try to keep moving until the song is over.</p>	<p><b>29</b> Walk, run, gallop, jump, hop, slide, skip and leap. Which one is your favorite?</p>	<p><b>30</b> Find 3 different things that you can jump over that are each a different height.</p>	<p><b>31</b> Find your favorite activity from this month and do it again.</p>	