






August 2009

Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 Work on spelling your name (or other words) – but use your body to make each letter.</p>	<p>31 Go back and find your favorite activity and do it again.</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>				<p>1 Walk or run in a big circle, after the first one jump into the sky. Jump up to five times.</p>
<p>2 Using rolled up socks, put them on your tummy as you crab walk them across the house.</p>	<p>3 Draw a big circle using sidewalk chalk. Toss a sock or a bean bag into the circle. How far away can you get and still toss into the circle?</p>	<p>4 What are your favorite animals? Can you move like them and see if someone can guess what you are?</p>	<p>5 Take turns moving from one end of a room to the other. When they get there ask “how did you get there?” Do the same moves.</p>	<p>6 Hit a balloon high into the sky and chase it as it floats all over the place. Hit it again before it touches the ground.</p>	<p>7 Ask someone to pitch you some soft balls as you try to hit them with a soft bat.</p>	<p>8 Practice bouncing a ball. Can you bounce it so it goes really high? Can you bounce it so it stays really low?</p>
<p>9 Play hide and seek with a friend or family member.</p> 	<p>10 Plan a fun fitness day with your family. Let everyone decide one thing that they would like to do.</p>	<p>11 See how far you can make paper plate fly. What is the best way to toss it to make it go far?</p>	<p>12 Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</p>	<p>13 Practice your toss and catch skills. Can you clap before you catch it?</p>	<p>14 Reach with your front foot as you push off of your back foot – pretend to leap over puddles.</p>	<p>15 Play catch with someone. Follow the ball with your eyes and then move your hands to meet the ball.</p>
<p>16 How far can you kick a ball? Kick it hard, chase it, run back and kick it again.</p>	<p>17 Work on dribbling a ball with your feet. Keep the ball close to your feet.</p>	<p>18 Set up a track in your yard. How many steps does it take to run the entire track?</p>	<p>19 Stretch your body in all different shapes and directions. Try to hold each stretch until you count to 5.</p>	<p>20 Pretend to be a butterfly that is flying around your yard from flower to flower.</p>	<p>21 Sweep the sidewalk or driveway. Work hard and use those muscles.</p>	<p>22 Work on throwing a ball hard and far. Each time try to throw it a little bit further.</p>
<p>23 On the 10th you were asked to plan a family fitness day – have you done that yet?</p>	<p>24 Make up a new game with mom or dad. Give it a name and have fun playing it together.</p>	<p>25 How many different ways can you move your body? Have about shiver, tumble, and waddle?</p>	<p>26 Make up a movement pattern - try jump, jump, wiggle, jump, jump wiggle. Your turn!</p>	<p>27 Go on a color walk. Find every color of the rainbow. Do 5 big jumps for every color.</p>	<p>28 Take 2 minutes before going to bed tonight to stretch and relax as a family.</p>	<p>29 Pretend to move like different foods – melt like a popsicle or pop like popcorn.</p>