



# September 2009

## Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Make paper airplanes and practice throwing them – step and follow through toward the target.	<b>2</b> Shake your body! Take turns leading a fun dance move to your favorite music.	<b>3</b> Spread wash cloths around the room and jump from one to another.	<b>4</b> Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again.	<b>5</b> Pretend to be robots and walk through your house keeping your body stiff and straight.
<b>6</b> Make a set of shape cards – pick a shape, find something that is that shape and run as fast as you can to touch it.	<b>7</b> Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? Which is the closest?	<b>8</b> Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.	<b>9</b> Clean up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, crab walk the item to a new spot.	<b>10</b> Make 2 sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move... <i>gallop to the get the P or crawl to get the S.</i>	<b>11</b> Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.	<b>12</b> I spy something red! Take turns saying, “I spy something ____” and then together run to that object.
<b>13</b> Use the shape cards from the 6 <sup>th</sup> – put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.	<b>14</b> Stretch out on the floor .... Curl, bounce, freeze, twist, stretch and bend your entire body.	<b>15</b> Walk around the house 3 times – first fast, second backwards, third like your favorite animal.	<b>16</b> Yell out a body part and see who can touch that part to the floor the fastest – without falling down.	<b>17</b> Keep mom or dad company by running in place as they prepare dinner.	<b>18</b> Using your ABC cards spread out a few letters like on the 8 <sup>th</sup> . This time use rolled up socks to work on underhand tossing to the correct letters.	<b>19</b> Practice rolling with your body – keep your body straight and then form a ball with your body.
<b>20</b> Go for a walk and look for things that begin with different letters of the alphabet.	<b>21</b> Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.	<b>22</b> Collect 10 stuffed animals – put them in a line on one side of the room. How fast can you move one at a time to the other side of the room?	<b>23</b> Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.	<b>24</b> Sit facing each other and roll a ball back and forth. 	<b>25</b> Point to something outside, say the object’s name, move to it as fast as you can. When you get there rest and then find something else.	<b>26</b> What am I? Take turns moving like something as the other person copies and guesses what you are.
<b>27</b> Help with yard work. Pull weeds, pick up rocks or sweep the driveway.	<b>28</b> Do three with me! Wiggle, reach, touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.	<b>29</b> Using two towels on the floor, work on jumping from one to the other. Bend your knees when you take off and bend them as you land.	<b>30</b> Using your bodies – form the letters of your name. Can you do this laying on the ground? How about standing up? Now work on each letter. Use the ABC cards as a visual model.	<p><b>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></b></p>		