




November 2009

Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?</p>	<p>2 Move in opposites – fast/slow, up/down, near/far, big/small.</p> 	<p>3 Practice rolling your body across the floor. Make your body like a pencil and roll, and make your body like a ball and roll.</p>	<p>4 Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?</p>	<p>5 Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animals. Step at the animal as you throw.</p>	<p>6 Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does.</p>	<p>7 Jumping stones – put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room without touching the floor.</p>
<p>8 Get outside and go for a walk. Look for different shapes. Can you find a circle, a square, and a triangle?</p>	<p>9 Can you try to move for 2 minutes without stopping? What happens to your heart when you do this?</p>	<p>10 Try skating on some paper plates. Put your feet on the plates and slide around the room, or put your hands on the plates and push them around the room.</p>	<p>11 Get a laundry basket and practice throwing things into it – try tossing far away and try tossing when you are really close.</p>	<p>12 Use your body to pretend – can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you think of something?</p>	<p>13 Turn on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.</p>	<p>14 Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.</p>
<p>15 Play I spy. One person says I spy _____. And when the other person sees it you both run to it. Next time try skipping or galloping.</p>	<p>16 Go to every room in the house and practice hopping on one foot and then the other. Run to a new room and hop again.</p>	<p>17 How many parts of your body can you bend? Give it a try!</p>	<p>18 Walk like your favorite animals through your house. When you get to a new room change to a new animal.</p>	<p>19 Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.</p>	<p>20 Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.</p>	<p>21 Statues – form a statue with your body. Hold it really still, while someone else tries to do the exact same statue. Take turns.</p>
<p>22 Walking with Style ... Go on a backwards walk. Now try a sideways walk. How about a spinning walk.</p>	<p>23 Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger – can you jump over? How big can you make it?</p>	<p>24 Practice rolling a ball back and forth with someone. Try to roll the ball in a straight line. How far can you make the ball go? Can you roll it to knock over an empty bottle?</p>	<p>25 Balance fun. Try putting 4 parts of your body on the ground and balancing. How about 4 other parts? Now try balancing on 3 parts or even 5 parts.</p>	<p>26 Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.</p>	<p>27 Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.</p>	<p>28 Walk, jog, run – start out by walking one lap around your house. Now jog one lap and then finally run one lap. Which one was harder?</p>
<p>29 Color Find and Move. Have someone name a color and then your job is to move to something that is that color. Move in all different ways.</p>	<p>30 Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Can you balance on your tummy? Your turn to create a movement to try!</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>	