






April 2010

# Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>				<p><b>1</b> Have fun on April Fool's Day. Act out an emotion and see if someone can guess what you are feeling.</p>	<p><b>2</b> Pretend you have a farm. Act out the different things you would see – like a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree.</p>	<p><b>3</b> Practice your walking today – swinging your arms, keep your head up, shoulders back.</p>
<p><b>4</b> Get outside and run, gallop, and jump all over. Feel your heart when you are done – what is it doing?</p>	<p><b>5</b> Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball.</p>	<p><b>6</b> Make some paper airplanes and work on your overhand throwing skills. Step and throw.</p>	<p><b>7</b> Get down on the floor and roll around – roll in a straight line, roll in a tiny ball, roll across the room.</p>	<p><b>8</b> I spy something red! Run and touch something red. I spy something yellow! Gallop and touch something yellow.</p>	<p><b>9</b> Using an empty paper towel roll and a balloon – work on volleying the balloon so it does not touch the floor.</p>	<p><b>10</b> Work on underhand tossing into different sized targets. Make your arm go “tick tock” like a clock.</p>
<p><b>11</b> Work those muscles by crawling, bear walking, and crab walking and slithering like a snake across the room.</p>	<p><b>12</b> Time to stretch and reach. Turn your body into different shapes and hold each shape, as you squeeze your muscles.</p>	<p><b>13</b> Jump 13 times – hop 13 times – march 13 steps – reach up high 13 times.</p>	<p><b>14</b> Mirror me – face someone and copy exactly what they do.</p>	<p><b>15</b> Can you move like this? Make up a movement, show it to someone, and ask them if they can give it a try.</p>	<p><b>16</b> Find four pillows that are different sizes. Can you balance on each one without falling off?</p>	<p><b>17</b> Practice running today – move your arms forward and backward, keep your head up and shoulders back</p>
<p><b>18</b> Practice your ball rolling skills. Set up a target and try to knock it over by rolling a ball on the ground. Use your arm “tick tock” like a clock.</p>	<p><b>19</b> Tear newspaper into long strips, crunch them into little balls and throw them into the garbage.</p>	<p><b>20</b> Can you do a jumping jack? Give it a try.</p> 	<p><b>21</b> Using scarves or socks work on your juggling skills. Start with one and then give two a try.</p>	<p><b>22</b> Work on jumping low and high. Ask someone to hold a broom or stick close to the ground as you jump over it. Each time raise the broom a little higher – keep going over until you can't, and then go under.</p>	<p><b>23</b> Play a game of opposites – if you move slow then your partner should move fast; if you move high then your partner should move low.</p>	<p><b>24</b> Make an obstacle course outside using things in your garage. Practice moving through it using different ways to move.</p>
<p><b>25</b> Running is a great way to make your heart healthy. Try to run for 2 minutes without stopping.</p>	<p><b>26</b> Work on bouncing and catching skills. Drop the ball and catch it after it bounces.</p>	<p><b>27</b> Work on your bending, twisting, shaking, reaching, and crunching. Can you think of other ways to move while staying in one spot?</p>	<p><b>28</b> Pretend that you have puddles in your house – leap over them, run around them, jump into them.</p>	<p><b>29</b> Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?</p>	<p><b>30</b> What was your favorite? Go back and repeat your favorite April activity.</p>	