



June 2010



Get Moving Today Activity Calendar

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 www.naspe.org. For more information about lifelong and inclusive physical activity visit www.aapar.org.</p>		<p>1 Run in circles. Go outside and run in big, small, and medium sized circles.</p>	<p>2 Make a paper airplane and see how far you can make it fly.</p>	<p>3 Ask someone to pitch some balls to you as you try to hit them with a big, soft bat.</p>	<p>4 Play catch with someone. Start really close and after every 2 tosses back up one step.</p>	<p>5 Draw a hopscotch pattern outside and work on your jumping and hopping skills.</p>
<p>6 Ask someone to take you to a park and try to keep moving for 15 minutes without stopping...run, climb, jump, swing.</p>	<p>7 Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over.</p>	<p>8 Stretch your body into the shapes of each letter in your name. Stretch big and small.</p>	<p>9 Work on your leaping skills. Push off of the back foot and reach with the front foot.</p>	<p>10 Get your feet wet and make tracks on the sidewalk or driveway. Make different types of pathways – try straight and curvy.</p>	<p>11 Can you dig a big hole in the dirt or sand? Use all of your arm muscles to dig deep.</p>	<p>12 Go for a family walk and take turns saying something you are really happy about or thankful for.</p>
<p>13 Set up a series of obstacles that you can safely jump or leap over.</p>	<p>14 Set up a track in your yard. How many steps does it take to walk the entire track? Can you do it again with fewer steps or more steps?</p>	<p>15 Practice your volleying skills – fill a balloon and try to keep it up in the air. Try volleying it with different parts of your body.</p>	<p>16 Using a straw and a marble – blow the marble so it travels along the sidewalk. Set up a target and try to blow so the marble goes in the goal.</p>	<p>17 Turn on some slow, quiet music – lay on the floor, relax, breath and stretch.</p>	<p>18 Walk and run around your building 4 times. Each time try to go a little faster.</p>	<p>19 Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.</p>
<p>20 Use wet sponges to work on your throwing. Throw sponges at a big target such as a building or garage door.</p>	<p>21 Pretend to be a growing flower. First you are the tiny seed in the ground and then you slowly grow into a big, tall flower that blows in the wind.</p>	<p>22 Fill a cup full of water – can you run around your building carrying the cup without losing much water?</p>	<p>23 Work on throwing really hard. Remember to bring the ball back to your ear and take a nice big step forward.</p>	<p>24 Practice self-toss and catch skills. Keep your eyes on the ball and move your body to the ball.</p>	<p>25 Do a job for your family – like sweeping the floor or sorting the laundry. Try to find something that uses lots of muscles.</p>	<p>26 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>27 Work on dribbling a ball with your feet. Try saying tap, tap, run, run as you do the same with your feet and the ball.</p>	<p>28 Practice passing a ball back and forth with someone using your feet. Start out close and keep moving further apart.</p>	<p>29 Make up a silly dance, show it to someone, and then ask them to do it with you.</p>	<p>30 Go back and do your favorite activity this month.</p>			