





# March 2010

## Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b> Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.</p>	<p><b>2</b> Write your name really big on a sheet of paper and then put your body into the shapes of each letter. Can you do this standing up?</p>	<p><b>3</b> Get outside today and play “I Spy”. Each time one of you says “I Spy” everyone walks, runs or gallops to that object.</p>	<p><b>4</b> Turn on some music and take turns choosing a way to move.</p> 	<p><b>5</b> Find a ball and a place where you can practice bouncing it...can you make the ball bounce really high? Low? Can you bounce it more than two times in a row?</p>	<p><b>6</b> Chair Exercise ...move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle &amp; stretch while sitting in a chair.</p>
<p><b>7</b> Crawling is a great way to work on the muscles in your arms. Try to crawl around your house for a few minutes – take a break and do it again.</p>	<p><b>8</b> Using a scarf or handkerchief practice your self- toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.</p>	<p><b>9</b> Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.</p>	<p><b>10</b> Ask someone to help you make a paper airplane and then practice throwing it around the house. Make an airport and try to get the plane to land in the airport.</p>	<p><b>11</b> Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – <i>Rip-Crunch-Throw</i></p>	<p><b>12</b> Where is your? When a member of your family says the name of a body part, put that body part on the floor. Or change it so that body part has to be up high.</p>	<p><b>13</b> Get outside and practice the locomotor skills of running, galloping, skipping, and sliding.</p>
<p><b>14</b> Be a superhero! Think about all of your favorite superhero’s and then spend some time moving just like they would.</p>	<p><b>15</b> Work on your jumping today – how high can you jump? How far can you jump? How many times can you jump in a row?</p>	<p><b>16</b> Make a tunnel with a blanket and some chairs. Crawl through it, run around it, crab walk into it.</p>	<p><b>17</b> Ask someone to go for a walk with you and as you walk make up a little song about moving and having fun together.</p>	<p><b>18</b> Work on your ball rolling skills today. Roll a ball back and forth with someone or set up some targets and try to knock them down.</p>	<p><b>19</b> Movement Memory – One person does three movements as the other person watches. Now the other person repeats those movements.</p>	<p><b>20</b> Twins – for 2-5 minutes pretend as if you are connected to someone else and the two of you have to move exactly the same way. Be ready to laugh!</p>
<p><b>21</b> Go on a walk through your house. Each time you get to a new room you have to change the way you are moving.</p>	<p><b>22</b> Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.</p>	<p><b>23</b> Pretend to have a beach party – turn on some beach music and dance. Pretend to surf and swim as you work your body.</p>	<p><b>24</b> Using paper plates as pretend stones – make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make believe stones.</p>	<p><b>25</b> Make a pile of paper balls by crunching recycled paper. For one minute throw these balls all over the playing space – making a blizzard of balls. Collect them and do it again.</p>	<p><b>26</b> Using the balls from yesterday – put them in a pile, crab walk with one ball at a time on your tummy, carry it across the room. Move all the balls to a new pile.</p>	
<p><b>28</b> Take a “spring is here” walk. Swing your arms as you walk quickly. Notice all the signs of spring!</p>	<p><b>29</b> Lay on the floor with a pile of marbles. Blow the marbles across the room as you crawl along with them. Be sure to have adult supervision.</p>	<p><b>30</b> How many different ways can you carry a sock as you move around the house?</p>	<p><b>31</b> Using pillows, stuffed animals, chairs, blankets and other items – create an obstacle course. Move through the course in different ways.</p>		<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>	