
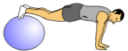









November 2009

Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Find a new walking trail and power walk for one hour.</p> 	<p>2 3 sets/ 12 reps tricep kickbacks; 3 sets/ 12 reps chest press.</p>	<p>3 3 sets /20 reps medicine ball leg raises. Find a court and play some tennis or racquetball with a friend.</p>	<p>4 3 sets/ 12 reps seated rows; 3 sets/ 12 reps hammer curls.</p>	<p>5 3 sets/ 12 reps seated twisting jackknife; bring hand to foot. Meet a friend for a game of basketball.</p>	<p>6 3 sets/ 12 reps step ups on a step and perform an overhead press at the same time w/wt.</p>	<p>7 Gather some friend for a game of street hockey or broom ball.</p>
<p>8 Alternate jogging and power walking for a total of one hour.</p>	<p>9 3 sets of 8-12 reps, dips; 3 sets of 8-12 reps, declined push- ups.</p> 	<p>10 Do ten minutes of hula hooping. Great for your core! Now go out for a 30 minute run. Follow up with ten more minutes of hula hooping. Stretch!</p>	<p>11 3 sets/ 12 reps superman holds, 30 sec hold. 3 sets/ 12 reps bicep curls.</p> 	<p>12 30 second crunch challenge vs. a friend, repeat 3X. Now make up a calisthenics routine with five exercises and do 3 sets.</p>	<p>13 3 sets/ 15 reps power lunges w/wt two-armed dumbbell raises overhead; 3 sets/ 15 reps upright row w/wt.</p>	<p>14 Get the family out for a day of hiking today.</p>
<p>15 Do something that rolls-biking, skating, or skateboarding for an hour.</p>	<p>16 3 sets of 8-12 reps, dumbbell kickbacks; 3 sets of 8-12 reps, bench press.</p>	<p>17 Try some balance training; spend at least 30 min balancing on one foot, walking along a curb, balancing in a v-sit, and balancing on a fat swim noodle. Core!</p>	<p>18 3 sets/15 reps squats; jump rope 1 min, then rest for 1 min between sets. Follow with 3 sets/15 reps bottom-half bicep curls.</p>	<p>19 3 sets ab pull ins using an exercise ball or your feet on a towel so they can slide. Join a friend for a friendly soccer game.</p>	<p>20 3 sets/ 15 reps leg presses using exercise tubing or an old bike tire tube for resistance; 3 sets/ 15 reps side raises w/wt.</p>	<p>21 Try rowing today-a machine or real water in a canoe or kayak. No machine? Use an old bike-tire tube around your feet.</p>
<p>22 Go out for a jog today-spend an hour total and include a cool-down and a good stretch afterward.</p>	<p>23 Hold the hover for 30 sec holds-3 sets/10 reps. Follow that with 3 sets/15 reps tricep pushups.</p>	<p>24 3 sets/15 reps reverse ab crunches; finish the day with a bike ride.</p>	<p>25 3 sets/15 reps dead lifts; 3 sets/15 reps top-half bicep curls.</p> 	<p>26 Work off some of that turkey with 3 sets of your favorite ab exercise, followed by an after supper family walk.</p>	<p>27 3 sets/ 15 reps walking dumbbell lunges; 3 sets/ 15 reps front raises w/wt.</p>	<p>28 Spend the day raking leaves and cleaning up the yard-great cardio activity!</p>
<p>29 Find a park with some hills and run or walk for today's cardio.</p>	<p>30 3 sets of 8-12 reps, tricep dips on a bench or chair; 3 sets of 8-12 reps, chest press with weight.</p>				<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.</p>	