








# December 2010

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	December is International Aids Awareness Month. Visit <a href="http://www.aidsalliance.org/homepagedetails.aspx?id=1">http://www.aidsalliance.org/homepagedetails.aspx?id=1</a> to learn more.		1 Have a dance part with a group of friends for 30 minutes.	2 Have a friend hold one end of a resistance band. Hold with both hands in front of the chest and twist upper body side to side. 3 sets/25 reps.	3 Grab 2 soup cans and try bicep curls-hold the cans down by your side and bring them up until they touch your shoulder. Try 10 of them 3 times today!	4 Try some plyometric drills. Warm up with toe jogging first. Try 5 sets/10 squat jumps, 3 sets/8 jumps onto step and 3 sets/8 lateral jumps onto step.
5 Play some volleyball with your family-either on a court or in the backyard with a string to divide the court.	6 3 sets/12 reps wide set pushups 	7 Favorite cardio activity for 30 minutes.	8 Try 10 straddle jumps-open and close your legs before you land! Rest. Now do 10 more. How many times will it take to reach 100?	9 With a friend do sit-ups and throw a ball back and forth. Each person does 25 sit-ups then switches with the thrower. Each person should do three sets.	10 Superman pushups-do a regular pushup and then extend an arm after. 3 sets to tolerance.	11 Play "Red Light, Green Light" with different animal movements-bear walk, frog jump, penguin walk.
12 Try a new winter activity with the family today-ice skating, skiing, etc.	13 3 sets/15 reps tricep dips off bench/stair.	14 3 sets/30 seconds hollow holds.	15 Get into pushup position and jump feet up to hands and then jump back to pushup position. Try 10 times before each meal!	16 Toss a lacrosse ball around with a friend.	17 3 sets/25 reps calf raises off a stair/bench. 3 sets/12 reps upright row.	18 If you can find an area with hills, try a fartlek type of run-take it easy on the flat surfaces and really attack the hills.
19 Shoveling snow is a great way to get an all over workout! No snow? Try your favorite cardio exercise today.	20 Find a small bench or stair and balance on one leg with the other foot touching your knee. Now try to balance with one leg straight out behind you. Repeat on the other side.	21 Sit on the floor with your knees bent and hold your arms straight in front of you. Lean back until you're halfway to the floor and lift feet off floor. Hold for 30 sec. Repeat 3 times.	22 <i>Try the chair pose today-pretend like you're sitting in a chair and hold it with your arms up.</i> 	23 Jump rope for 3 minutes. Rest. See how many sets you can do 	24 Hold plank for 30 seconds with one leg extended. Repeat on other side.	25 Jog for five minutes, sprint for 30 seconds. Repeat for 30 minutes.
26 Take a nice long hike around the neighborhood with the family.	27 3 sets/25 reps bicycle exercises.	28 Prop legs up on a bench or ball with hands behind head. Press heels into bench as you lift head and shoulders off ground and then lower. Try 100!	29 <i>Work on your coordination today-practice bouncing a soccer ball from knee to knee.</i>	30 <i>Try figure eight jumps-jump feet apart, feet criss cross, feet apart, criss cross opposite foot in front=1 rep. See if you can do 50</i>	31 Grab some beanbags and a trash can or small hoop and practice shooting the beanbags in. See how many baskets you can make!	