



December 2011

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Celebrate the 35th Birthday of HERSHEY’S Track & Field Games at School! Run, Jump or Throw – you can teach basic skills in class, recess or afterschool and host a final celebration event. Visit www.hersheystrackandfield.com for lesson plans and event registration.”</p>				<p>1 <u>Balloon Dancing</u> Stand back to back with a partner, put some music on and dance without dropping the balloon.</p>	<p>2 <u>Inchworms</u> Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>	<p>3 <u>Shadow Tag</u> Tag people by jumping onto someone else’s shadow</p>
<p>4 <u>Pendulum Stretches</u> Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying “tick, tock” each time.</p>	<p>5 <u>Human Arch</u> Lie on your back, place your hands and feet on the ground and push your stomach up towards the sky!</p>	<p>6 <u>Crawl Like a Seal</u> Lie on your stomach with your arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>7 <u>Walk Like a Wheelbarrow</u> Get a partner and hold their feet while they walk around on their hands.</p>	<p>8 <u>Everybody IT Tag</u> Everybody’s it! If you get tagged sit down. Your still it. Tag people as they run by. Last one up wins!</p>	<p>9 <u>Butts Up</u> Get a partner, lie on the floor with knees bent, and press each others’ feet together until your rear ends magically levitate!</p>	<p>10 <u>Circle Sit, Circle Stand</u> Stand in a circle, backs facing in. lock elbows, sit down. Now try and stand back up without breaking the links.</p>
<p>11 <u>Crab Soccer</u> Play soccer with friends from the crab position. No hands!</p>	<p>12 <u>Shoulder Shrugs</u> Shrug your left shoulder up and down 10 times and then your right shoulder up and down 10 times</p>	<p>13 <u>Bicycles</u> Lie on your back and move your legs like your riding a bicycle</p>	<p>14 <u>Stork Tag</u> Standing on one leg like a stork, play tag hopping on one leg. Stay inside a small boundary.</p>	<p>15 <u>Rock Paper Scissors Tag</u> Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p>16 <u>Frisbee</u> Practice throwing a Frisbee with a partner</p>	<p>17 <u>Hide And Seek</u> Gather up some friends and play hide and go seek outside. Be careful</p>
<p>18 <u>Living Room Volleyball</u> Use a balloon and a row of chairs as a net. Hit the balloon back and forth without letting it touch the ground</p>	<p>19 <u>Buffalo Bill Tag</u> When tagged turn into a dead buffalo on your back with all 4’s in the air. Someone must tag your feet and hands to come back in the game</p>	<p>20 <u>Toe Touché Tag</u> Tag people by tapping their toes with your toes. Yell out “touché!” Every time you tag someone!</p>	<p>21 <u>Catching Practice</u> Using a tennis ball, toss it way high up in the air and practice catching with one hand, both hands, and do tricks before you catch it!</p>	<p>22 <u>Hula Hoop</u> How many consecutive times can you hula hoop around your hips?</p>	<p>23 <u>Football</u> Go throw the football around with some friends. Can you throw a spiral? Every time?</p>	<p>24 <u>Snow?</u> Go outside and play in it! Make up your own game! No snow? Still go outside and make up your own game!</p>
<p>25 <u>Simon Says</u> Gather up the family and play a game of Simon says!</p>	<p>26 <u>Creativity</u> Make up a game using two hula hoops and a basketball</p>	<p>27 <u>Jug Ball</u> Play catch with two milk cartons with the bottom cut off and a tennis ball.</p>	<p>28 <u>Kick the Can</u> Set up 2 cans opposite each other. The goal is to kick the soccer ball and knock the other persons can over. That’s 1 point!</p>	<p>29 <u>Roll the Dice Fitness</u> Grab to dice, roll them and that’s how many you do! Do lunges, push-ups, curl-ups, squats, jumps.</p>	<p>30 <u>Dribbling Practice</u> Get a basketball and practice dribbling at different speeds. Alternate using both hands.</p>	<p>31 <u>Makeshift Stilts</u> Strap tin cans under your feet as stilts and walk around balancing.</p>

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). For information on quality physical education visit:
<http://www.aahperd.org/naspe/publications/teachingTools/key-points-ofQPE.cfm>