





February 2012



Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>LET'S MOVE in School www.LetsMoveInSchool.org</p>			<p>Learn about opportunities for all students to practice what they've learned in physical education, work towards the nationally recommended 60+ minutes of daily moderate-vigorous physical activity, and prepare the brain for learning.</p>			
			<p>1 <u>Line Jumps</u> Stand in front of a line; jump forward and backward 50 times. Go side to side 50 times. Phew!</p>	<p>2 <u>How Fast Can You Go?</u> Have a running race with 5 different friends today.</p>	<p>3 <u>Skill Practice</u> Dribble any ball 100 times with your dominant hand. Switch and do 100 with your non-dominant hand.</p>	<p>4 <u>Snow?</u> Get outside and help your family shovel snow. Dress warm!</p>
<p>5 Go to your local park or school and play on the playground equipment</p>	<p>6 <u>Wall Pushups</u> Do some pushups against a wall to build strong upper body muscles.</p>	<p>7 <u>Juggling</u> Practice Juggling w/ a sock or soft balls. Use at least two. Can you juggle three?</p>	<p>8 <u>Cobra Stretches</u> Lie face down and push your chest off the ground for 20 seconds. Do 10 times.</p>	<p>9 <u>Leg Throws</u> Lie on back, hold partner's ankles. Lift legs and partner will throw them down. Don't let the hit the ground</p>	<p>10 <u>Soccer Juggle</u> See how many times in a row you can juggle a soccer ball using only your knees. 20?</p>	<p>11 <u>Ice Skating</u> Go ice skating today. No ice? Try rollerblading or roller skating</p>
<p>12 Make a hopscotch court and play with your family</p>	<p>13 <u>Jump Rope</u> Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p>14 Gather your friends and play a few games capture the flag</p>	<p>15 Create a new game with a friend today using a ball and a paddle. Teach this game to other friends.</p>	<p>16 <u>Biceps Curls</u> Stand on a theraband and do biceps curls with the loose ends to make your arms strong.</p>	<p>17 <u>Fine Motor Mania</u> Try and put together a big puzzle with your friends.</p>	<p>18 <u>Step Jumps</u> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>
<p>19 <u>Family Adventure</u> Go for a walk with your family on a trail you've never traveled before.</p>	<p>20 Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>21 <u>Human Arch</u> Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky.</p>	<p>22 <u>Make Your Own Stilts</u> Strap tin cans to the bottom of your feet and see if you can walk without falling.</p>	<p>23 <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>24 <u>Tuck Jumps</u> Jump as high as you can and tuck your knees up to your chest. Do this as fast as you can for 15 jumps.</p>	<p>25 Write down all of the active words you can think of. When you're finished go act them out!</p>
<p>26 Use a beach ball to strike upwards and keep in the air. Gather the whole family and play.</p>	<p>27 <u>Wall Ball</u> Get a partner, a ball and 2 rackets. Alternate hitting a ball against and letting it bounce only once.</p>	<p>28 Practice Walking at Different Paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p>	<p>29 Use playdough to create a sculpture of your favorite athlete.</p>	 <p>Kids and alcohol don't mix.</p>		

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<http://www.aahperd.org/naspe/publications/teachingTools/key-points-ofQPE.cfm>