



January 2012



Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Practice Walking at Different Paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions	2 Gather up all of your friends and create your own fitness relay races using sit-ups, push-ups and squats.	3 Target Practice Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!	4 Band Aid Tag When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed	5 Makeshift Bowling Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? Spare?	6 Soccer Time Practice dribbling a soccer ball at different speeds.	7 Gather a group of your friends and see how fast you can clean up all the trash around your neighborhood. Don't forget to recycle.
8 Gymnastics Practice your backward summersaults. Remember to tuck your chin to your chest.	9 Yoga Improve your flexibility by holding yoga's downward dog position.	10 Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend.	11 Football Practice throwing a football with some friends. Can you throw a spiral?	12 Flexible Alphabet Can you make your body look like every letter in the alphabet?	13 Rock Paper Scissors Tag Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.	14 Scavenger Hunt Split into two teams; make a list of 20 things related to winter and race to see which team can gather them first.
15 Balloon Dancing Stand Back to back with a partner, put some music on and dance without dropping the balloon.	16 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	17 Basketball Practice shooting some hoops with a friend.	18 Carioca Move with your shoulders facing forward. Say to yourself: Side, front, side, back	19 Golf Practice Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.	20 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	21 See how many times you can run around the outside of your house without stopping. Check your pulse when done.
22 Grab a soccer ball and see how many toe taps you can do in 1 minute. Try to beat your score!	23 Use Your Imagination Make up a game using a football, a hula hoop, jumping jacks, squats and running.	24 Side to Side Jumps Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!	25 Hula Hoops Grab a friend and a hula hoop and see who can hula hoop the longest	26 Wheel Barrow Race Teams of two. Hold your partners feet while they walk on their hands. Race to the finish. Be careful.	27 Stork Tag Play tag while hopping on one leg like a stork. Stay inside a small boundary.	28 Bicycles Lie on your back and move your legs like your riding a bicycle to strength your stomach muscles.
29 Obstacle Course Gather up some friends and create an obstacle course. Who can complete is faster?	30 Practice your basketball dribbling skills outside. Behind the back? Between the legs? High? Low? Fast?	31 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.	HAPPY NEW YEAR! From The National Association for Sport and Physical Education			

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