













February 2010 Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Practice bowling indoors using empty water bottles you have half-filled with sand or beans.</p>	<p>2 Bounce a ball 100 X with your R hand. Now try 100 X with your L and. Can you bounce 100 more times and switch hands each bounce?</p>	<p>3 Throw and catch with a friend. Try 50 X underhand. Try 50 X overhand. Now practice sidearm throwing at a target.</p>	<p>4 Practice bouncing a tennis ball once and catching it with the opposite hand. Keep doing this switch over pattern for 100 tries.</p>	<p>5 Try some ball handling skills. Circle a ball around your waist for 25 circles. Now try it going the other way.</p>	<p>6 Shoot some indoor hoops using a paper ball and a small box or trash can. Make 25 shots and then try from farther away.</p>
<p>7 Try some rhythm activities this week. Dance to your favorite music using your best moves.</p>	<p>8 Make up a dance using five of your favorite sport moves. Repeat the pattern 5 times to fast music.</p>	<p>9 Marching is great exercise-march to music and add some turns and spins.</p> 	<p>10 Make up patterns using locomotor activities-jump, skip, hop, leap, and tip-toe. Put it all together and do this 10 times.</p>	<p>11 Use two empty water bottles to tap out different rhythm patterns. Tap the floor, tap together, and tap beside you. Be creative!</p>	<p>12 Jump rope to your favorite music. Use the tricks you know to create a routine.</p> 	<p>13 Make up a dance using a prop-this could be a ball, a scarf, or anything you like to move around with. Now teach it to a friend.</p>
<p>14 Happy Valentine's Day! Do something great for your heart and go out for a run!</p>	<p>15 Go outside and jog around your house 5 times. Now jog five more laps in the opposite direction.</p>	<p>16 Practice sprinting at recess with friends. Run as fast as you can!</p> 	<p>17 Have a jump rope contest with your friends-who can jump the longest with no stops?</p>	<p>18 Ride a bike, skate, or play some basket ball today.</p> 	<p>19 Run in some small team relay races during recess-two people on a team means lots of practice!</p>	<p>20 Go out with a grown up today for a 30 min. power-walk.</p>
<p>21 Go for the goal this week! Shoot some hoops today until you make 25 shots!</p>	<p>22 Try kicking soccer goals today-don't stop until you make 25 goals.</p> 	<p>23 Hockey is fun! Use a broom to shoot a ball into a basket or box.</p> 	<p>24 Practice overhand throws into a box or tub that is 20 steps away. Try to get the ball in 25 times.</p>	<p>25 Practice volleying a balloon with your hand at a wall or with a friend. Can you strike it 25 x in a row?</p>	<p>26 Try throwing a football to a friend and work on accuracy. Don't forget to step with your opposite foot.</p>	<p>27 Throw a Frisbee® into a target today for 25 shots. No Frisbee®? Use the lid to a can or use a ball instead.</p>
<p>28 Try some crunches today with a ball. Hold the ball over your head. Sit up and reach the ball to your feet. Try 25 X and do this 3 X today.</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 http://www.aahperd.org/naspe/publications/teachingTools/observepe.cfm for an observation assessment tool.</p>		