



July 2010

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Try these twelve classic kids' games at: http://grandparents.about.com/od/projectsactivities/tp/OutdoorGames.htm</p>		<p>July is UV Safety Month. Visit their website at http://www.preventblindness.org/</p>		<p>1 10 minute power walk. Repeat three times today.</p>	<p>2 Sit on the floor and lift your legs up to make the letter "V". Hold onto your ankles and balance-use your abs!</p>	<p>3 Play tennis or badminton with a friend.</p>
<p>4 Pack a healthy picnic lunch or dinner and power walk to the nearest park or school to watch the fireworks tonight!</p>	<p>5 Play some hopscotch today. Make your own using sidewalk chalk.</p>	<p>6 Get some hula hoops and beanbags-use the hula hoops up as targets, and practice throwing at the targets. Get it on the hoop=1 point. Get it in the hoop=3 points.</p>	<p>7 Do 20 pushup jumps today-remember to keep your back flat like you're balancing a glass of water on it!</p>	<p>8 1 minute frog jumps, 1 minute scissor kicks, 1 minute mountain climbers. Repeat before each meal.</p>	<p>9 Try some crab walking relay races with your friends!</p>	<p>10 Lie on your back and lift one leg in the air and draw the alphabet with your leg. Repeat on the other leg.</p>
<p>11 Round up some family members and play some beach volleyball or water volleyball!</p>	<p>12 Practice throwing and catching a water balloon with friends. Take one step back each time you both catch it.</p>	<p>13 Try to do a ball exchange. Use whatever size ball you can find around the house!</p>	<p>14 Hold a soup can in each hand and do 10 bicep curls on each side. This group of exercises is called a set. Do three sets!</p>	<p>15 Jump rope today and add up all the jumps you can do throughout the day. Can you reach 500 jumps? 1000 jumps?</p>	<p>16 Do 20 curl ups before each meal today.</p>	<p>17 Play crab soccer! Find a soft ball- players have to stay in the crab position to get around!</p>
<p>18 Practice your batting and pitching skills today with friends or family!</p>	<p>19 Can you do push-ups? Try to do ten before every meal today. Stretch before you eat a healthy snack.</p>	<p>20 30 seconds butt kick jogging, then 10 tuck jumps. Do this 5 times today.</p>	<p>21 Make time today for long rope jumping with your friends or make up a song to jump rope along to!</p>	<p>22 Find a nice open space and try some running races with your friends.</p>	<p>23 Try backwards jogging with a friend today! Alternate who jogs backwards so someone can always see what's going on in front.</p>	<p>24 Help your mom or dad wash their cars, pull weeds out of the garden, cut the grass or any other chores that they could use your help with!</p>
<p>25 Toss a Frisbee around with a family member.</p>	<p>26 Get some beanbags, or small balls, and a trash can or small hoop and practice shooting the beanbags in. See how many baskets you can make!</p>	<p>27 Try some skating with a friend.</p>	<p>28 Relay races today with a spoon and a small ball. See who can walk the fastest forward and backwards, and if you can balance and run!</p>	<p>29 Find a nice piece of grass and practice log rolls. Can you try doing log rolls up a hill?</p>	<p>30 Lean back at about a 45° angle. Lift feet slightly off floor. Reach arms out straight forward then twist side to side. Try 25 at three different times today.</p>	<p>31 Find an area with hills or stairs and alternate running on a flat surface with an incline change.</p>