













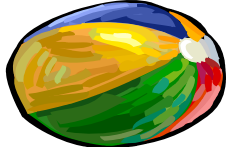




June 2010

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June 6-12 is Sun Safety Week! http://www.sunsafet Alliance.org/</p> 		<p>1 Work on your coordination today-practice bouncing a soccer ball from knee to knee.</p> 	<p>2 Lie on your stomach and lift your opposite arm and opposite leg at the same time. Switch. Pretend you're swimming! Do 50 !</p>	<p>3 Draw a ladder in chalk and practice jumping between the rungs on both feet, one foot, side to side over the ladder, in a space to outside to back inside!</p>	<p>4 Lie on your back with knees bent and feet on floor. Press your stomach up to the sky and hold for 10 seconds. Come down and try 10 more times.</p>	<p>5 Hang up an old sheet or shirt with a hole in the middle and practice throwing a ball through it-try to get to 25!</p>
<p>6 Play limbo today! Use a broom as your limbo stick and see how far you can go!</p> 	<p>7 Try 25 karate leg kicks with your left leg and 25 with your right.</p>	<p>8 Sit in a pike. Lean back slightly and pretend to climb a rope overhand for 20 seconds. Return to start and repeat 5 times.</p>	<p>9 Try some log rolls today-but don't let your arms and legs touch the ground at all!</p> 	<p>10 Try figure eight jumps-jump feet apart, feet criss cross, feet apart, criss cross opposite foot in front=1 rep. See if you can do 50.</p>	<p>11 Get into a hollow position and rock back and forth 25 times then flip over and do 25 rocks on your stomach.</p> 	<p>12 Play Red Light Green Light today –but instead of running try doing crab walks instead!</p> 
<p>13 Try these different basketball passes-chest passes, bounce passes, behind the back passes and overhead passes. Try 10 of each one!</p>	<p>14 Fill up a water balloon Play catch with a friend. Each time you both make 5 catches, take a step back. See how far you can toss it without it breaking!</p>	<p>15 Kneel on your knees and lean back and try to grab onto your heels with your hands. Try this 25 times throughout the day.</p> 	<p>16 Go for a power walk and after every 5 minutes, run as fast as you can for a minute. How long can you do this?</p>	<p>17 Lie on your back and roll your body up as far as possible. Use your arms if needed to support your hips. Hold for 20 sec. Rest and repeat 5 times.</p>	<p>18 Kneel on the floor with legs slightly apart. Hold a ball in front of you with both hands as you slowly lean back. Come back up and repeat 20 times.</p>	<p>19 Grab a volleyball and a parent and practice bumping the ball back and forth to each other.</p> 
<p>20 Set up some cones or obstacles in your yard and practice dribbling a soccer ball around them. Feet please!</p>	<p>21 Practice juggling today with three small balls</p> 	<p>22 Try to run up and down the stairs for one minute. See if you can try that 10 more times throughout the day!</p>	<p>23 Get in pushup position and touch your right hand to your left shoulder and vice versa. Do 100 times!</p>	<p>24 Do 25 cross punches in the air with your left arm, then 25 with the right arm. Repeat until you get 100 on each arm!</p> 	<p>25 Do 5 sets of 5 pushups today. After each set of 5 pushups, do a set of 10 jumping jacks!</p>	<p>26 Play a game of putt-putt golf today.</p> 
<p>27 Jump in the pool and try some high knee marches and high steps side to side. See how many times you can go back and forth!</p>	<p>28 Play water basketball today with friends-see who can make the most baskets!</p> 	<p>29 Practice straddle forward rolls-start in a big straddle and keep your legs straight the whole time-even as you stand up! Put your hands in the middle and push to help you stand!</p>	<p>30 25 v-ups followed by 25 straddle jumps</p> 		<p>June 20-26 is Lightning Safety Week. Visit http://www.lightningsafety.noaa.gov/index.htm for more information</p> 