




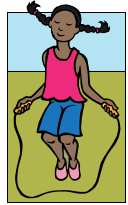







November 2010

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rake some leaves today and help clean up your yard. 	2 Make up a new tag game and play it during recess. 	3 Do some animal walks-pretend to be a turkey, a dog, a horse, a monkey. What other animals can you move like?	4 Do as many push-ups as you can when you wake up and before each meal.	5 Run five laps around your house after school. Walk two more laps to cool down your muscles.	6 Go bowling with a friend or make your own bowling game using empty water bottles filled with water, sand, or rice.
7 Play Frisbee® with your family. 	8 Rake a big pile of leaves. Jump in and out. Jump around it. Swim in it. Now rake it all up and bag it for trash pickup.	9 Find a step. Step up and down 50 times. Now jump on and off the step 20 times. Rest and try it again.	10 Stand on one foot. Write your first name on the floor using your left foot. Now use your right foot to write your last name. Do ten times!	11 10 frog jumps, 10 pushup jumps, 10 curl ups. Repeat 3 times.	 <p>Play soccer with a friend.</p>	13 Play your favorite song and see if you can do jumping jacks to the music.
14 Bike ride with your family. No bike? Power hike together on a nearby trail or path.	15 Superman hold for 60 seconds 3 times.	16 Jump rope 10-15 minutes. 	17 Hula hoop for 5 min. Now lay the hoop 5 steps away from you and throw a sock ball into the hoop. Put the hoop farther away for a challenge.	18 Hold a small water bottle in each hand. Do 20 bicep curls, bringing the bottle to your shoulder and back down. Do this 3 times today.	19 Draw the letters of the alphabet in the air using your right hand. Now do it again with your left hand.	20 Play soccer today with a friend. Use two empty water bottles to mark the goal area. 
21 Take a walk with your family around the neighborhood.	22 Play some tennis with a friend. 	23 Hold a heavy book with both hands in the center of your body and twist side to side. Do this 20 times after each meal.	24 Put a jump rope on the floor. Jump side to side over it. Jump forward and back over it. Now make a shape with it and tip-toe on the rope. Keep your balance!	25 10 min of jogging with feet kicking your bottom. Now 10 min of jogging with high knees. Jump high and trying to touch the top of a doorway 20 times.	26 Try some seat drops. Stand in front of a chair and sit back until your buttocks touch the seat. Do this 15 times before each meal.	27 Go to an indoor pool and practice different styles of swimming. No pool? Lie on the ground and pretend to do the strokes.
28 Challenge a family member to a game of HORSE. 	29 Make up a dance using all your best moves. Teach it to one of your family members and dance for 10 minutes.	30 Play volleyball with a friend using a balloon. Play for 30 minutes.	