



# November 2011



## Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Thanksgiving</b></p> <p>From the National Association for Sport and Physical Education</p>		<p><b>1</b></p> <p><b>Volleyball</b></p> <p>Use a beach ball and practice keeping the ball above your head with your finger tips</p>	<p><b>2</b></p> <p>Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions.</p>	<p><b>3</b></p> <p>See if you can jump rope for 5 minutes straight. Can you do it?</p>	<p><b>4</b></p> <p>Play leap frog with a friend.</p> <p>Be sure to be safe and play on grass.</p>	<p><b>5</b></p> <p>Practice your forward summersaults outside in the grass. Tuck your chin to your chest for safety.</p>
<p><b>6</b></p> <p>Practice catching pop flies with a friend. No glove? Cut open a milk carton and use that!</p>	<p><b>7</b></p> <p><b>Hacky Sack</b></p> <p>Practice your kicks and stalls with a hacky sack or ball. <b>NO HANDS!</b></p>	<p><b>8</b></p> <p><b>Makeshift Bowling</b></p> <p>Set up 10 targets like bowling pins and practice your bowling skills. Did you get a strike yet?</p>	<p><b>9</b></p> <p>Stretch out as many different muscles in as many different ways as you can</p>	<p><b>10</b></p> <p>After dinner lead your family on a walk around the neighborhood</p>	<p><b>11</b></p> <p>Gather up all your friends and create your own relay race!</p>	<p><b>12</b></p> <p>Gather up your neighborhood friends and play a game of hide and go seek</p>
<p><b>13</b></p> <p><b>Gymnastics</b></p> <p>Practice your hands stands for as long as you can. Keep your legs straight!</p>	<p><b>14</b></p> <p>Stand on one side of an object that is shorter than knee height. Jump back and forth over the object for 30 sec. straight.</p>	<p><b>15</b></p> <p>Get 5 friends and play a game 3 on 3 basketball at the park.</p>	<p><b>16</b></p> <p>See if you can jog up and down a flight of stairs for 20 minutes straight</p>	<p><b>17</b></p> <p><b>Practice Juggling</b></p> <p>Toss, toss, catch, catch for 2 things. Toss, toss, catch, toss, catch, toss with 3 things.</p>	<p><b>18</b></p> <p>Make a dance that uses all of the following movements: Clapping, sliding, stomping, jumping and twisting.</p>	<p><b>19</b></p> <p>Walk on your hands as far as you can</p>
<p><b>20</b></p> <p>Gather a group of people to clean up trash around your neighborhood. Run while you do it!</p>	<p><b>21</b></p> <p><b>Broad Jumps</b></p> <p>Stand with your feet together and jump as far as you can 10 times in a row. Try not to fall over!</p>	<p><b>22</b></p> <p><b>Baseball</b></p> <p>Get a friend and practice hitting. No bat or ball? No problem! Use rocks and sticks!</p>	<p><b>23</b></p> <p>Practice your full court layups. Go to a basketball court do a layup, run to the other end and do a lay-up. Repeat until you make 20 layups.</p>	<p><b>24</b></p> <p><b>Thanksgiving Football.</b></p> <p>Get the family together and play a game of touch football before the big feast!</p>	<p><b>25</b></p> <p><b>Target Practice</b></p> <p>Hang up some targets and try and hit them with a ball. Hit it? Move farther away? Can you still hit it?</p>	<p><b>26</b></p> <p>Ask a parent, guardian or friend to take a long walk with you at the park.</p>
<p><b>27</b></p> <p>Practice your backwards summersaults outside in the grass. Tuck your chin to your chest for safety!</p>	<p><b>28</b></p> <p>Get a group of friends together and make up a dance to your favorite song</p>	<p><b>29</b></p> <p><b>Band-Aid Tag</b></p> <p>When you get tagged place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline)</p>	<p><b>30</b></p> <p>See how many push-ups you can do in a minute. Was it more than your friend?</p>	<p>Celebrate the 35<sup>th</sup> Birthday of HERSHEY'S Track &amp; Field Games at School! Run, Jump or Throw – you can teach basic skills in class, recess or afterschool and host a final celebration event. Visit <a href="http://www.hersheystrackandfield.com">www.hersheystrackandfield.com</a> for lesson plans and event registration.</p>		

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<http://www.aahperd.org/naspe/publications/teachingTools/key-points-ofQPE.cfm>