November 2011
Secondary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Thanksgiving From the National Association for Sport and Physical Education		1 Twisting Crunches Do ten 5-10-5's Sprint 5 yards, backwards 10 yards, then forward for 5 yards. Repeat 10x's	2 Hip Bridges Lie on your back with your knees pointing up and feet flat on the ground. Raise your hips up as far as you can. Repeat 20x's	3 Lying Start Sprints Lie down on your stomach, pop up and sprint 20 yards. Repeat 10 times	4 3-Way Shoulder Raises Alternate between front, V, and lateral shoulder raises. 4 sets of 15	5 Jog up and down a flight of stairs for 20 minutes without stopping.
6 Family Duathlon! Have 1 person run/walk a mile, and another ride a bike for 5 miles. How fast can you finish?	7 Chest: Cable Flies – Stand in the middle of two pulleys and hold one in each hand. Keeping your arms straight, put your arms together in front of you.	8 Power Throws Get a partner, stand 15 feet away from each facing opposite directions. Rotate and throw medicine ball to your partner. Repeat 20x's then switch.	9 Incline Biceps Curls on Physio Ball. Lie on ball with feet flat on floor. Do biceps curls alternating arms for 3 sets of 10	10 Up Hill Sprints Find a hill and start at the bottom. Sprint up it and jog down it. Repeat 10 times!	11 Front Raises w/ weight 3 sets of 12 Jump Squats Until exhaustion	12 Go for a walk/run for 30 min. Alternate between running, sprinting, walking, speed walking, and walking lunges,
13 Gather the family up and go to a park with bleachers and run up and down them for 30 minutes without stopping.	14 Triceps pushups lying with hips on medicine ball. Diamond Push-ups: make a diamond with your hands and do pushups for 30 sec.	15 Run a mile as fast as you can	16 Preacher Curls on Physio Ball. Lean forward with knees on ground and chest on ball. 3 sets of 10 biceps curls	17 Side Knee Lifts with Side Kick Do a side knee lift and extend into a side kick. Do 10 then switch legs.	18 Seated Dumbbell Press Alternate between the right and left arms. 3 sets of 12	19 Front Kicks w/ Low Lunges Do a front kick then a reverse lunge with your kicking foot. Repeat 10 times then switch.
20 Take the family to an open field and throw the Frisbee around for a while.	21 Triceps: Seated triceps extensions with a medicine ball. Chest: Dumbbell bench press with back on a physio ball.	22 Compete against a friend to see who can do more V-sit crunches in a minute.	23 Dumbbell Concentration Curls Lean forward in a seated position and do biceps curls. 3 sets of 12	24 Diagonal Knee Lifts Put your hands in the air and drive your knee up to your opposite shoulder. Do 20 then switch	25 Standing Broad Jumps 3 sets of 10	26 Side Lunges w/ Punches Do a side lunge and add a punch. Do 10 then switch sides.
27 Family Double Dutch! Take turns seeing which family member can double dutch the longest.	28 Triceps: Dips using a chair, or bench. Chest: 3 sets of regular pushups for 30 seconds	29 Double Unders Practice jumping and spinning the rope twice before you hit the ground. Repeat as many times as possible.	30 Side Planks Lay on your side w/ elbow on the ground under shoulder. Lift hips up and hold for 30 seconds.	Celebrate the 35th Birthday of HERSHEY'S Track & 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 www.hersheystrackandfield.com for lesson plans and event registration.		

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