







# October 2010

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <p>Celebrate Halloween-go to a pumpkin patch for a walk, or try out a corn maze with family. See who can get through first!</p>	<p>Eat Better, Eat Together Month <a href="http://nutrition.wsu.edu/ebet/">http://nutrition.wsu.edu/ebet/</a></p>				<p>1</p> <p>Let's try sumo squats-stand with your legs as far apart as you can and slowly lower down until you are almost sitting in a chair. Can you do 25 of these through the day?</p>	<p>2</p> <p>Have a water basketball shoot off contest with a group of friends.</p>
<p>3</p> <p>Take a 5 minute fast walk. Now alternate walking and jogging at your own pace for 25 more min. Bring a grownup!</p>	<p>4</p> <p>Hershey Kiss pushups-make a small triangle with your hands and try to touch your nose into the triangle. Do this 10 times before and after each meal.</p>	<p>5</p> <p>Go skating around your neighborhood. No skates? Put your feet on Frisbees® or paper plates in the grass.</p> 	<p>6</p> <p>Superman holds. Lie face down, lift arms and legs. Hold for 60 sec. Do this 5 times after each meal.</p>	<p>7</p> <p>Do 5 + 5 pushups before school, during recess, after school, and after supper.</p>	<p>8</p> <p>Practice throwing a football at a target. How many times can you hit the target?</p>	<p>9</p> <p>Play kickball today with a bouncy ball. Use paper plates as base markers.</p> 
<p>10</p> <p>Play "Capture the Flag" with some friends-have an adult hide a t shirt and have both teams race to see who can find the "flag" first!</p>	<p>11</p> <p>3 sets/15 toe touches.</p> 	<p>12</p> <p>Lie on your back and raise your arms and legs at the same time 25 times. Meet at the top! Try 3 more times during the day today!</p>	<p>13</p> <p>Play some hacky sack with a friend.</p> 	<p>14</p> <p>Hold a push-up position for 30 seconds. Do ten times today.</p>	<p>15</p> <p>Dribble a soccer ball with your feet for five minutes. Do this as many times as you can today.</p>	<p>16</p> <p>Take a bike ride in the neighborhood or a local park. No bike? Lie on your back and pedal your legs in the air while you count to 100!</p>
<p>17</p> <p>Play freeze tag with family and friends. Try to balance on one leg when frozen!</p>	<p>18</p> <p>Try pushups today with your arms as wide as you can!</p> 	<p>19</p> <p>Lie on floor and lift shoulders. Draw knee in towards chest and lift other leg off floor and hold for 5 seconds. Switch legs and repeat hold. Repeat 25 times.</p>	<p>20</p> <p>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>21</p> <p>Balance on your bottom with legs in the air. Twist your body side to side and pretend to be picking cherries.</p>	<p>22</p> <p>Jumping squats.</p> 	<p>23</p> <p>Get a football and go outside with mom or dad to toss the football around! Can you catch and throw 100 passes?</p>
<p>24</p> <p>Set up some hula hoops as targets and see who can throw their Frisbee® closest to the hoops.</p>	<p>25</p> <p>Try dips with your hands on the edge of a stair today.</p>	<p>26</p> <p>Lie on your back and do ten scissor kicks. Try this whenever you can today.</p> 	<p>27</p> <p>Flexed arm hang hold for as long as you can. Try this five times when you have time.</p>	<p>28</p> <p>Sit in a chair and bring your knees in to your chest. Do ten of these before and after each meal today.</p>	<p>29</p> <p>Do some walking lunges across the playground. When you get home, do walking lunges across your yard.</p>	<p>30</p> <p>Take a walk outside with a parent and find some stairs to run up and down for 3 minutes on during your walk.</p>