



# October 2011

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A Safe and Happy Halloween!</b></p> <p>From the National Association for Sport and Physical Education</p>			<p>Plan to celebrate the 35<sup>th</sup> birthday of HERSHEY'S Track &amp; Field Games by hosting a local event during the 2011/12 school year. This free, turn-key program helps to build running, jumping and throwing skills for a lifetime of physical activity. Host an event as part of a field day, afterschool club, recess or physical education unit. Event registration for the 2012 season begins October 1. Visit <a href="http://www.hersheystrackandfield.com">www.hersheystrackandfield.com</a></p>			<p><b>1</b></p> <p><b>Hit the Deck!</b> Run in place as fast as you can for 1 min. Every 10 seconds drop down into a pushup position and pop back up and run!</p>
<p><b>2</b></p> <p>Go outside and play your favorite game for at least 30 minutes</p>	<p><b>3</b></p> <p>Practice dribbling a soccer ball at different speeds.</p>	<p><b>4</b></p> <p>Jog around your block 5 times without stopping</p>	<p><b>5</b></p> <p><u>Practice Gymnastics</u> Do some tip ups outside</p>	<p><b>6</b></p> <p>Practice your balance by walking on curbs or along big, low to the ground tree branches.</p>	<p><b>7</b></p> <p>Practice your basketball dribbling skills outside.  Keep the ball low Keep your head up Use your fingertips</p>	<p><b>8</b></p> <p>Gather up your neighborhood buddies and play a game of football</p>
<p><b>9</b></p> <p><u>Batting Practice</u> Grab a bat and ball and have someone pitch to you while you practice hitting! Eye on the ball!</p>	<p><b>10</b></p> <p>You're a Frog! Practice your frog jumps by doing as many as you can in 30 sec. Repeat 5 times</p>	<p><b>11</b></p> <p>Practice running while you jump rope! See how far you can go!</p>	<p><b>12</b></p> <p>Read all of the nutrition labels on the foods in your fridge  Lotsa fat is no good!</p>	<p><b>13</b></p> <p>Put on some fast music and dance until you're too tired to dance anymore!</p>	<p><b>14</b></p> <p>Set up 10 bottles or cans and practice your bowling skills</p>	<p><b>15</b></p> <p><u>Fine Motor Mania</u> Go w/ your family to the nearest pumpkin patch. Take it home and carve your best design into it!</p>
<p><b>16</b></p> <p><u>Creativity</u>  Get with a group of friends and make up a new tag game.</p>	<p><b>17</b></p> <p>Tug of War!</p>	<p><b>18</b></p> <p>Get a partner and see how many consecutive times you guys can juggle a soccer ball using your head, knees and feet. No hands!</p>	<p><b>19</b></p> <p><u>Volleyball Time</u> See how many times you and a friend can hit a ball up into the air contacting the ball with your hands above your head.</p>	<p><b>20</b></p> <p><u>Practice the Crow</u> Place your hands on the ground and lean forward resting your knees on your elbows</p>	<p><b>21</b></p> <p><u>Scavenger Hunt</u> Divide into two teams; make a list of 20 things related to Halloween and race to see which team can gather them first!</p>	<p><b>22</b></p> <p>Gather up your siblings and see how fast you can rake the leaves in the yard, and your neighbor's yard. Faster than last month?</p>
<p><b>23</b></p> <p><u>Obstacle Course!</u> Gather up the family and create an obstacle course around the outside of your house. Whose faster?</p>	<p><b>24</b></p> <p>Grab a partner and a hula hoop.  Take turns creating new ways to travel through the hoop!</p>	<p><b>25</b></p> <p>Practice your backward summersaults.  Remember to tuck your chin to your chest</p>	<p><b>26</b></p> <p>Improve your hamstring flexibility by practicing yoga's downward dog.</p>	<p><b>27</b></p> <p>Get a group of people and play Simon says.  Take turns being the leader</p>	<p><b>28</b></p> <p><u>Target Practice</u> Set up some cans and try and knock them down them with a water gun.</p>	<p><b>29</b></p> <p>Go to the pond, lake or river and practice skipping rocks as far as you can.  Can you get 10 skips?</p>

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). For information on quality physical education visit:

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