



October 2011

Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A Safe and Happy Halloween!</p> <p>From the National Association for Sport and Physical Education</p>			<p>Plan to celebrate the 35th birthday of HERSHEY'S Track & 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 www.hersheystrackandfield.com</p>		<p>1 Go for a run and do 10 of your favorite exercise</p> <p>ex. 10 pushups, curlups, burpees</p>	
<p>2 Walk for 10 min Do 10 Pushups Jog for 10 Min Do 10 Squat thrusts Walk for 10 min Do 10 Russian Twists Jog for 10 min Stretch!</p>	<p>3 Chest: Challenge your favorite teacher to a pushup competition! Triceps: Body Weight Dips. Use a bench of stairs.</p>	<p>4 <u>Physio Ball Crunches</u> 3 sets of 20</p>	<p>5 Back: Standing Dumbbell Rows 3 sets of 12 Biceps: Reverse Barbell Curls 3 sets of 12</p>	<p>6 <u>Physio ball Leg Curls - 4 sets of 15</u> Lay on your back and put your heels up on the physio ball.</p>	<p>7 Shoulders: Shoulder Shrugs w/ dumbbells. 3 sets of 12 Legs: Dumbbell Squats. 4 sets of 15. Low weight.</p>	<p>8 Gather all your friends in the neighborhood and do Indian sprints around the entire neighborhood</p>
<p>9 Gather up a group of friends, run to the park, and play Ultimate Frisbee</p>	<p>10 Chest: Bench Press 4 sets of 12 Triceps: Thera bands</p>	<p>11 <u>Scissor Kicks</u> 4 sets of 30 seconds</p>	<p>12 Back: Scissor stretches for 1min. 4 sets Biceps: 3 sets of 21's http://www.youtube.com/watch?v=OCOAtPljaQY</p>	<p>13 Prone Balancing Hold for 1 min – 4x's</p>	<p>14 Shoulders: Barbell Military Press. 4 sets of 15. Low weight Legs: Barbell Squats 4 sets of 10</p>	<p>15 Go to the high school track and see if you can sprint 100m, 200m?, 400m? How fast can you do it?</p>
<p>16 Go for a bike ride! No bike? Do bicycle crunches!</p>	<p>17 Chest: Close Grip Pushups. 3 sets of as many as you can. 10? Triceps: Dumbbell French Press. 3 sets of 12.</p>	<p>18 Have a curl up competition with a friend. Keep the same cadence and see who can do more!</p>	<p>19 Back: Front V raises w/weights. 3 sets of 12 Biceps: Dumbbell Curls 3 sets of 12</p>	<p>20 <u>Physio Ball Leg Lifts</u> 4 sets of 20</p>	<p>21 Shoulders: Thera Band Lateral Raises. 4 sets for 1 min each. Legs: Body Weight Squats for 1 min. 5x's</p>	<p>22 Go to a park and practice your full court layups. Keep that heart rate up!</p>
<p>23 Early morning walk or jog time! Get up and go!</p>	<p>24 Chest: Pushups with feet on a physio ball. 3 sets of as many as you can. Triceps: Triceps Extensions. 3 of 15.</p>	<p>25 <u>Medicine Ball Sit ups w/ partner</u></p>	<p>26 Back: One arm bent over row 3 sets of 12</p>	<p>27 Power Throws Off wall or w/ partner</p>	<p>28 Shoulders: Barbell Shoulder Shrugs. 3 sets of 12 reps Legs: Squat jumps for 30 seconds. 5x's</p>	<p>29 Going to a friend's house? Jog instead of driving or bussing!</p>

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