



# December 2011

## Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>				<p><b>1</b> <u>Medicine Ball Figure 8's</u> Keeping arms as straight as possible make a figure 8 to strengthen core</p>	<p><b>2</b> Box Jump Ups &amp; Jump Downs Jump onto a box or step and jump right back down. Repeat</p>	<p><b>3</b> <u>Treadmill</u> Walk/Jog on a treadmill for 30 minutes.</p>
<p><b>4</b> Try and complete a 3 mile run/jog</p>	<p><b>5</b> <u>Handstand Pushups</u> With feet against a wall. Try as many as you can.  Can you do them no wall?</p>	<p><b>6</b> <u>Sit-ups w/ Physioball in hands</u>  Keep your arms straight the whole time.</p>	<p><b>7</b> <u>Dumbbell Biceps Curls</u>  4 sets of 12  <u>Seated Row</u>  4 sets of 12</p>	<p><b>8</b> <u>Standing Tuck Jumps</u>  2 sets of 20</p>	<p><b>9</b> <u>Pull Ups</u>  Do as many pull ups as you can in a ten minute span. Have someone hold your feet if needed.</p>	<p><b>10</b> 3 sets of 20 Burpees  Squat down, kick back into pushup position, back to squat, tuck jump. That's 1!</p>
<p><b>11</b> Play a game of hide and seek with the whole family</p>	<p><b>12</b> <u>Physioball Push-ups</u>  Do push-ups with your hands on the physioball. Gotta balance!</p>	<p><b>13</b> <u>Medicine Ball Lunges</u>  Holding a medicine ball overhead with your arms straight, do alternate leg lunges.</p>	<p><b>14</b> <u>Dumbbell Shrugs</u>  Holding dumbbells in both hands, shrug your shoulders. 4 sets of 12</p>	<p><b>15</b> <u>Handwalking</u>  See how many steps you can walk on your hands for. Challenge a friend!</p>	<p><b>16</b> Box Step Ups  Use a box or a step and alternate stepping up and back down.</p>	<p><b>17</b>  Alternate between walking, jogging, and running for 30 minutes.</p>
<p><b>18</b> Go for a walk with the whole family</p>	<p><b>19</b> <u>Two Arm Wall Pass</u>  Hold a ball over your head and throw it repetitively off a wall in front of you at a close distance.</p>	<p><b>20</b> <u>Stairs</u>  Run stairs for 20 minutes non-stop. Walk if you need to.</p>	<p><b>21</b> <u>Straight Bar Reverse Curls</u>  Do reverse grip biceps curls 3 sets of 10</p>	<p><b>22</b> <u>Woodchoppers</u>  Using a medicine ball, hold it up over your head and chop wood up and down!</p>	<p><b>23</b> <u>Push Press w/ dumbbells</u>  Use your legs to help lift dumbbells up over your head. 3 sets of 8</p>	<p><b>24</b> <u>Cardio Blast</u> 30 seconds of each 3 times through. Burpees, jogging in place, mountain climbers, and jump rope.</p>
<p><b>25</b>  <b>You've been working hard! Take today off!</b></p>	<p><b>26</b> <u>Dumbbell Bench Press</u>  4 sets of 12</p>	<p><b>27</b> <u>2 Point Balance</u>  Balance on your knees with your back straight on top of a physioball</p>	<p><b>28</b> <u>3-Way Front Raises w/ dumbbells</u>  side, V, front raises</p>	<p><b>29</b> <u>Agility Jumps</u> Standing on one side of a line jump back and forth as fast as you can for 30 seconds 5 times</p>	<p><b>30</b> Box Jump Stand Ups  Use a box or steps and jump on to it and stand straight up. Challenge yourself</p>	<p><b>31</b> <u>Dumbbell Pushup Rows</u> Push up position with hands on dumbbells. Alternate pulling one dumbbell to your chest.</p>